An accessible, student-friendly and mobile form of mental health crisis support is provided through:

- Connecting individuals to appropriate behavioral health services and resources
- Coordination and referrals with Counseling & Psychological Services
- Wellness checks for individuals in emotional distress
- A team that is trained to respond, assess and utilize crisis intervention and de-escalation techniques

**WHEN SHOULD I CALL?**

If you are concerned about yourself or someone around you and feel they may be having a behavioral health crisis, do not hesitate to call our team.

Behavioral Health concerns can include mental health or substance use related situations, where you or someone around you may be a danger to self or others.

**WHAT CAN I EXPECT WHEN THEY ARRIVE?**

- Our team will come to your location in a clearly marked CMCT van. We will conduct an assessment to determine how to best assist with and problem solve the situation.
- We will explain options, offer recommendations, and provide transportation if needed. Our goal is to connect the individual to the service that is most appropriate to their needs.

**CONTACT US 831-502-9988**

Hours of operation are Mon–Tues, 2:00 PM–12 midnight and Wed–Sun, 12 noon–12 midnight. When we are not available, you will have the option to speak with Counseling and Psychological Services or the UCSC Dispatch.

If you or someone you know are experiencing a life threatening emergency, please dial 911.

UCSC Counseling and Psychological Services  (831) 459-2628
National Suicide & Crisis Lifeline  Text or dial 988