



CAMPUS MOBILE CRISIS TEAM UC SANTA CRUZ

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

- ✓ **Connecting individuals** to appropriate behavioral health services and resources
- ✓ **Wellness checks** for individuals in emotional distress
- ✓ **Coordination and referrals** with Counseling & Psychological Services
- ✓ **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.



Scan the QR code to learn more.