



of Alabama®

Psychiatric Intake Response Center • Birmingham, AL 35233 • 205.638.PIRC (7472)

Families have a hard time deciding when to seek emergency treatment for a mental health concern. A psychiatric emergency is a situation that is dangerous and life-threatening. Seek immediate attention if any of the following are present:

- Threatening to or thinking about harming a person or group of people
- Threatening a person with a weapon
- Harming animals
- Becoming more violent toward others
- Hearing or seeing things that are not present (hallucinations)
- Hearing commands to harm others or themselves
- Overly fearful, anxious or unreasonable (symptoms of paranoid thinking)
- Losing touch with reality
- Severe anxiety
- Two or more of these behaviors: decreased appetite, decline in personal hygiene, poor sleep, increased isolation at home/refusal to leave home
- Online searches about ways to harm themselves
- Cutting or hurting themselves in an attempt to die

- Routine medication changes or medication refills (prescriptions will not be provided in the emergency room)
- Behavioral symptoms that have not improved with a prescription or prescription change
- Full mental health evaluations (IQ testing and school IEP services)
- Chronic concerns that are not life-threatening, such as mild anxiety and defiant behavior
- Request for placement in a long-term residential facility

Call the **205-638- (7472)** for mental health resources in your community.



