

THERE IS HOPE

YOU NEED SOMEONE TO LISTEN

YOU ARE NOT ALONE

WE ARE HERE FOR YOU



TULALIP HEALTH SYSTEM
BEHAVIORAL HEALTH
CRISIS CO-RESPONSE

HELP

CALL OR TEXT US
24/7

(360) 502-3365
or call 24/7

988, Option 4
Native and Strong Lifeline

MRRCT
MAY RESPOND IN PERSON
Monday - Friday
8:00 am - 4:30 pm
AND
AFTER HOURS BY PHONE
AND/OR BY TEXT



MOBILE RAPID RESPONSE CRISIS TEAM (MRRCT)

MRRCT is designed to support the community. Call us when in crisis, or questioning if there is a crisis.



MOBILE RAPID RESPONSE TEAM (MRRCT)



DIFFERENCE BETWEEN MENTAL HEALTH EMERGENCY AND A CRISIS

A **Mental Health Emergency** is defined as a life-threatening situation in which someone is a danger to themselves or others. A mental health emergency includes an active suicide attempt. **Call TPD 360-716-9911**

A **Mental Health Crisis** may be nonthreatening, but the individual is severely distressed. The person may or may not be thinking about or planning a suicide attempt. **Call MRRCT 360-502-3365**

The **Mobile Rapid Response Crisis Team (MRRCT)** provides professional and culturally responsive on-site community intervention. It includes outreach, deescalation, stabilization, resource connection, and follow-up support for individuals who are experiencing a behavioral health crisis.

MOBILE RAPID RESPONSE TEAM (MRRCT)

IN PERSON HOURS:
Monday - Friday
8:00 am – 4:30 pm

**24/7 TULALIP TRIBES
CRISIS-LINE**

(360) 502-3365



A **Mental Health Crisis** occurs when thoughts, feelings or actions prevent a person from engaging in regular activities. It can feel overwhelming and may seem as if normally used coping skills are no longer working. The person may be thinking about self-harm, harming others, or ending life.

A **Mental Health Crisis** can occur in people who do not have a mental health diagnosis.



A crisis can happen to anyone.

WE ARE HERE FOR YOU

EXAMPLES OF WHEN TO CALL MRRCT:

- **Suicidal Thoughts:** with or without weapons AND with or without a plan.
- **Homicidal Thoughts:** with or without weapons AND with or without a plan.
- **Active Psychosis** (organic and/or substance induced): panic attacks, manic behavior.
- Assistance with voluntary in-patient psychiatric hospitalization.
- **Mental health measures** (i.e., PHQ-9, BDI): score is moderate to severe and clinically presenting distress.
- **Schools:** when police or MRRCT are called for disruptive behaviors; MRRCT can respond since this is considered behavioral health.
- **Older Adults:** dementia, wandering, elopement disoriented, or displaying other dementia-like symptoms.
- **Frequent Callers:** identified Tribal members whose frequent 911 calls are suspected to be related to behavioral health issues (both mental health and/or substance abuse).
- **Death:** when requested by family, MRRCT may be available for individuals/-family members/ friends to offer support.
- **Suspicious Calls:** when requested by TPD, MRRCT can gather information and calm individuals in distress while the police search for suspicious activity.
- **Car Accidents:** when requested by TPD, MRRCT may be able to assist with deescalating frantic parties while police do their work.

Substance Abuse - Detox and Referrals coordinate with Substance Use Disorder (SUD) department
24/7 425-754-2535