What is the difference between a Mental Health Emergency and a Mental Health Crisis?

Mental Health Emergency
A mental health emergency is a life threatening situation in which an individual is imminently threatening harm to self or others, severely disoriented or out of touch with reality, has a severe inability to function, or is otherwise distraught and out of control.

Examples of a Mental Health Emergency includes:
- Acting on a suicide threat
- Homicidal or threatening behavior
- Self-injury needing immediate medical attention
- Severely impaired by drugs or alcohol
- Highly erratic or unusual behavior that indicates very unpredictable behavior and/or an inability to care for themselves.

Suggestions for what to do in case of a mental health emergency
Step 1: Call 9-1-1
Step 2: Call campus security at: 284-1270
Step 3: Call the Wellness Center at: 845-9180
Step 4: Notify your Dean or Division Chair

We care about your health and wellbeing!
Mental Health Crisis
A mental health crisis is a non-life threatening situation in which an individual is exhibiting extreme emotional disturbance or behavioral distress, considering harm to self or others, disoriented or out of touch with reality, hasa compromised ability to function, or is otherwise agitatedand unable to be calmed.

Examples of a Mental Health Crisis includes:
  • Talking about suicide threats
  • Talking about threatening behavior
  • Self-injury, but not needing immediate medical attention
  • Alcohol or substance abuse
  • Highly erratic or unusual behavior
  • Eating disorders
  • Not taking their prescribed psychiatric medications
  • Emotionally distraught, very depressed, angry or anxious

Suggestions for what to do in case of a mental health crisis

Step 1: Call the Wellness Center at: 845-9180
State that you have a person in crisis. Escort them to the Administration building or ask that the mental health counselor be sent to your location or contact Campus Security if you would like an escort. (808) 284-1270

Step 2: If possible, remain with the person until help arrives

Step 3: Notify your Dean or Division Chair

After Hours And Weekends

Step 1: Call Access Crisis Line: 832-3100 or 1-800-753-6879
Step 2: Call campus security at: 284-1270
Step 3: Email hccwell@hawaii.edu

Special Circumstances
If a person in Mental Health Emergency or crisis is calling by telephone:

Step 1: Attempt to get the person's name, phone and location.

Step 2: Keep the person on the phone, while you get a co-worker's attention and depending on the level of urgency, contact appropriate assistance.

Emailing

Step 1: Print email, include contact info.

Step 2: Depending on the level of urgency, contact appropriate help.

Call the Wellness Center at 845-9180 if you have any general counseling questions or referrals.

Wellness Center

Kimberley Gallant, LCSW, Mental Health Counselor
Ph- (808) 845-9180 | Email: hccwell@hawaii.edu
www.honolulu.hawaii.edu/wellnesscenter

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