**WHAT IS A MENTAL HEALTH EMERGENCY?**
There are several things that may be considered a mental health emergency.

1. Having thoughts of wanting to harm yourself or harm others, especially when:
	* These are new thoughts.
	* You feel you may act on these thoughts.
	* You begin to make plans to carry out these thoughts.
2. Being unable to take care of your basic needs (such as food, shelter, clothing) because of the state of your mental health. For example feeling so sad that you are unable to eat.
3. Having a severe reaction to a medicine. For each medication that your medical provider recommends you take, s/he will inform you of the signs of a serious reaction, and what you should do about it.
4. Other thoughts or behaviors not described above where you feel that yourself or others may be in danger or be harmed because of a mental or medical condition. Remember it is always better to be safe, and seek help and advice when you are unsure if you are having an emergent mental health or medical condition than to try and handle a situation by yourself.

If you are experiencing a mental health emergency please reach out.

If your partner or someone in your household has hit/hurt you and you are scared for your safety and/or that of your child, please read the final paragraph.

If you are experiencing the above symptoms, and believe that you can remain safe, you can contact The Counseling Center at Counseling@nmt.edu or 575-835-6619 from 8AM-4PM Monday-Friday. A Counseling Center therapist will then work with you to schedule a phone check-in. Please not that phone check-ins are not full sessions. They are intended to access your situation and provide problem-solving solutions, review and/or teach basic coping skills to help you manage your situation. If during the check-in the therapist believes you may be at risk of imminent harm to yourself or others, the therapist may refer you to a higher level care.

If you are experiencing the above symptoms, and are unsure of or do not believe you can remain safe seek a higher level of care immediately. Below are some facilities for higher level of care within the state of NM (this is not a fully inclusive list). If you are experiencing suicidal ideation and are unsure of what you can do, or where to go, you can call the **National Suicide prevention hotline at 1-800-273-8255** or the **New Mexico Crisis Line at 1-855-662-7474**. They can provide assistance with getting connected to a high level of care facility near you.

What to expect if you are referred to a facility that offers a higher level of care.  - The goal of treatment at these facilities is immediate stabilization and increased safety behaviors. - With that there are some limitations while you are there. You may not be allowed to wear clothing that could be used to injure one's self or others (such as drawstrings). You may have limited or no access to electronic devices (so they don't get broken). Depending on which facility you go to, they may ask for family to also assist if you are comfortable with this to help you have a support system with more knowledge in how to assist with your struggles. These facilities are in-patient so you would be staying there. A typical stay is anywhere from 3 days to a week. If your care team at your facility determines you would benefit from an increase length of stay, they may make the recommendation. Or, if a medication you are given has an adverse side-effect you may be asked to stay longer to find medication with works without the adverse side-effect.

If you have a stay at a higher level of care facility during the semester, we encourage you to reach out to the Dean of Students. With some proof of stay, the Dean can help with an Absentee Notification to your professors. If you are a client at The Counseling Center, we also ask that you inform us, so we can check in with you when you are discharged.

If you have been hurt/hit by a partner or other household member (shortened to partner) and are scared for your safety and/or that of your child, there are resources available to assist you. Please keep in mind that if your partner tracks your internet usage or phone usage it will be more difficult to use these resources. You can go online to **thehotline.org** for information about what you can do, from starting a plan to leave, to finding ways to increase your safety, to leaving the situation. You can also contact them via phone at **1−800−799−7233** or TTY **1−800−787−3224**.

**Albuquerque**

Anna Kaseman

8300 Constitution Ave. NE
Albuquerque, NM  87110 505-291-2560

**Santa Fe**

CHRISTUS St. Vincent Regional Medical Center

455 St. Michael's Drive
Santa Fe, New Mexico 87505

PH: (505) 913-5470

**Las Cruces**

Mesilla Valley Hospital

 3751 Del Rey Boulevard

Las Cruces, NM 88012

Toll-Free Phone: 800-877-3500 Local Phone: 575-382-3500