



## Crisis Services

Services at the Counseling and Psychological Services Center are offered by appointment only. In certain situations, however, our clinicians are prepared to see individuals for a crisis session. This form will help you evaluate your situation to determine whether it is more appropriately addressed by crisis care, or whether it would be better addressed by setting up an intake or a regular counseling appointment.

**Please read the following descriptions and note the item(s) that apply to you:**

- I am currently so upset that I may be unable to keep myself or others safe.
- I have a current plan to attempt suicide or to harm someone else.
- Someone is hurting/abusing me, or someone I care about, or threatening to do so.
- I have been physically or sexually assaulted within the last few days.
- Someone close to me died within the last few days.
- I am having strange experiences such as hearing voices or seeing things that others do not see or hear.
- I am unable to provide for my own food, clothing or shelter.
- I have had a severe reaction to a psychiatric medication.

If **any** of the above apply to your current situation, it is appropriate for you to have a crisis session. Please let the receptionist know you would like to schedule a crisis session and you will be seen today.

If **none** of these apply, but you still believe that a crisis appointment is necessary for you, please let the receptionist know and you will be seen today.

If your situation, though upsetting, is not a crisis and you have decided to not schedule a crisis session, we would like to encourage you to schedule an intake session or regular counseling appointment instead. If you schedule an intake session today, you will be scheduled for the next available appointment.

### **If you have decided not to schedule a crisis appointment:**

If your situation worsens and you do find yourself in one of the above crisis categories, please call the Counseling and Psychological Services Center at 626-6406 (M – F 8:00am – 4:00pm).

In the case of an after-hours mental health crisis or emergency, you may contact the following resources:

Weber Human Services: (801) 625-3700  
Davis Behavioral Health: (801) 773-7060

**In any life threatening situation, call 911 immediately.**