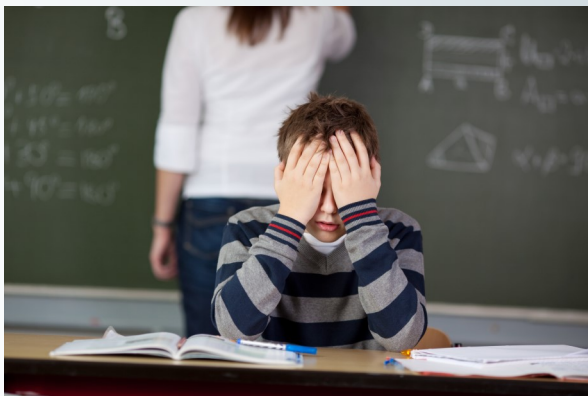


## What are the warning signs of suicide?

- Frequent talk about suicide
- Comments about being hopeless, helpless, or worthless
- Loss of interest in things the child used to care about
- Extreme mood swings
- Acting anxious or agitated; reckless behavior
- Withdrawn or feeling isolated
- Family history of suicide or mood disorders
- Sudden interest in giving away valued personal items
- Drop in grades & Substance Use



## Who should I contact if my child is in a psychiatric crisis?

**DMH ACCESS CENTER: 800-854-7771**

(7 days a week, 24 hours)

*DMH Psychiatric Mobile Response Teams provide assessment and evaluation of minors experiencing psychiatric emergencies including threats of harm to self, others, or gravely disabled.*

**DIDI HIRSCH CRISIS HOTLINE:**

**(877)727-4747 or (877-7CRISIS)**

(24-hours)

*Immediate, confidential over-the-phone suicide prevention services to anyone who is in crisis or experiencing suicidal thoughts.*

**YOUTH CRISIS HOTLINE: 800-843-5200**

(24 hours)

**TLC –TEEN: 800-852-8336/ 800-TLC-TEEN**

(7 days a week, 6pm to 10pm)

[www.teenlineonline.org](http://www.teenlineonline.org)

**TREVOR LIFELINE:**

**866-488-7386** (24 hours)

*Crisis and Suicide prevention helpline for LGBTQ youth.*

**FOR NON-EMERGENCY SUPPORT:**

**Call 211**

EOTD REVISED DATE: 7/12/19

## WHAT TO DO WHEN YOUR CHILD IS PSYCHIATRICALLY HOSPITALIZED?



### What is an involuntary hold or 5585?

A 5585 refers to the Welfare and Institutions Code under California State Law, which allows involuntary detainment of a minor experiencing a mental health crisis for a 72-hour psychiatric hospitalization. A minor is anyone under 18 years of age.

A certified and trained mental health professional will conduct an assessment to determine your child's eligibility for a 5585 hold. The professional will consider your child's mental health history, as well as any information you or a reliable source provides. If your child meets the criteria for a 5585 criteria, he/she can be held in a psychiatric hospital involuntarily for up to 72 hours. This does not mean that your child will necessarily be held the entire 72 hours; it means that the psychiatric hospital has the legal right to do so if deemed necessary.



## What is the criteria that my child has to meet to be involuntarily held?

A minor/youth can be held involuntarily in a psychiatric facility only if he/she meet at least one of the three basic criteria:

1. Danger to others – There must be an intent to harm a specific person and that person has the means to carry out their intent. Their harmful intent must be related to their mental illness.
2. Danger to self – There is an intent to harm oneself.
3. Gravely disabled – The person must be unable to avail themselves of food, clothing, or shelter as a result of their mental disorder.

## How can I help my child who is on a 5585 hold?

- Your child needs a lot of support. Please make arrangements to either accompany your child to the hospital or connect with the hospital personnel to ensure that your child feels supported.
- Make arrangements to bring your child a small bag of clean clothing and shoes for their comfort.
- Be able to provide insurance information, as well as any mental health and medical information and documentation that can assist with your child's treatment.



## What can I do when my child is assessed and admitted to a Psychiatric Hospital?

- Contact your current DMH provider/DCFS Social Worker if applicable.
- If no DMH provider/DCFS Social Worker available, request notification of discharge from the hospital and work with the social worker on the discharge plan for follow up treatment.
- Contact, consult, and follow up with DMH/DCFS staff if assigned, with after care treatment and planning.
- Don't get discouraged if your child is angry or upset. Be patient and keep trying. Let the child know you care and are available, by contacting them by phone and/or visiting often.
- Advocate on your child's behalf.

## What can I do when my child is assessed but not admitted to a Psychiatric Hospital?

- Contact an appropriate mental health service provider for support and guidance.
- Develop a safety plan with the PMRT team and/or with your child's mental health provider and family.
- Learn the warning signs of suicide.
- Find and contact your support systems (friends, neighbors and family) for assistance and include them in the safety plan.
- Keep an open line of communication with your child.
- Prepare and keep a record of historical information about your child to share with providers when needed.

