

For Youth up to 21 Years of Age Facing a Mental Health Crisis

## PROVIDING FREE MOBILE CRISIS SERVICES TO RESIDENTS OF SHIAWASSEE COUNTY



At Shiawassee Health & Wellness (SHW), we understand the importance of an early response to a young person's crisis. A person may have a mental health crisis when they have reached a point that they are unable to cope with the recurrent stresses of everyday living in an active, safe way.

## Mobile services include:

- Assessments
- De-escalation of the crisis
  - Safety Planning
- Psychotherapy Interventions
  - Referrals

## In a Mental Health Crisis, Please Call:

(989) 723-6791 or (800) 622-4514

## **Mobile Crisis Intervention Services Available**

Monday – Friday 12PM – 9PM

For more information, please call (989) 723-6791



1555 Industrial Drive ● Owosso, Michigan (989) 723-6791 ● www.shiabewell.org