



Lakes Region Mental Health Center

Acute Services

**In the event of a mental health crisis,
call 833-710-6477
for 24/7 access to care.**

The LRMHC Acute Services Program includes our Mobile Crisis Response Team and Emergency Services, both available to **anyone** in a mental health crisis, including persons who are not current patients. Services are available **24 hours per day, 7 days a week.**

SIGNS OF A MENTAL HEALTH CRISIS MAY INCLUDE (but not limited to):

- Expressing suicidal or homicidal ideation
- Obvious (extreme) changes in functioning (neglect of personal hygiene, unusual behavior)
- Self-injurious behavior
- Fear/paranoia (extreme)
- Psychotic symptoms (ex: hearing voices, hallucinations that are unbearable)
- Depressive symptoms (extreme): (ex: recent loss, grief, crying, lack of energy, hopelessness)

**Examples only, people can experience very different signs and symptoms.*

Anyone in the midst of a mental health crisis can call or text the number above and be connected with mental health and addiction professionals that can provide immediate support via telephone, text, or in person by dispatching the Mobile Crisis Response Team.

Lakes Region Mental Health Center Emergency Services are also available at Concord Hospital Laconia and Franklin locations, and Spears Memorial Hospital in Plymouth.