



Blue Cross
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of Michigan

Help in times of crisis



People with mental health conditions often don't receive the appropriate response when experiencing a crisis. We're here to help people in crisis — and their families — get the right care when needed.

Crisis care options

Somewhere for immediate help

Psychiatric urgent care: This option offers emergency and urgent walk-in and virtual care to address immediate assessment and treatment needs for patients that can't wait for routine outpatient treatment.

Someone to respond

Mobile crisis: This option offers emergency mobile mental health assessment and intervention for adults and children in immediate crisis. A mobile unit can be deployed to a home, office or any other community-based location of the individual in crisis.

A place to go

Crisis stabilization: A 24/7 recovery-oriented crisis center that offers emergency assessment, intervention and stabilization for urgent and emergent situations.

A place to recover

Crisis residential: This option offers short-term residential crisis treatment for adults ready to actively participate in recovery.

Someone to talk to

If you need help getting started, call the Mental Health and Substance Abuse number on the back of your member ID card. If you have an immediate crisis, call the Suicide and Crisis Lifeline at **988** or **1-800-273-8255**.

Visit bcbsm.com/crisiscare to find crisis care options near you.



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