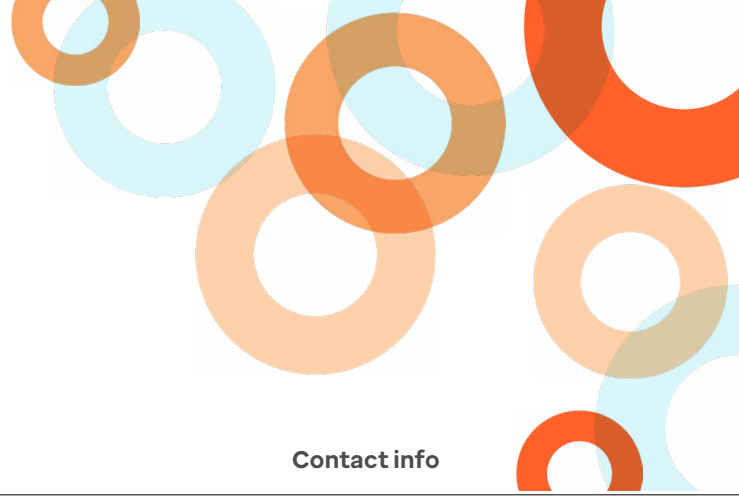




# Mental health support and crisis resources



## When to use

## Contact info

### OptumWellbeing.com

For individuals or loved ones facing mental health challenges or significant life events, OptumWellbeing.com offers comprehensive resources and guidance through its Critical Support Center.

[Critical Support Center](#)

### Crisis safety plan

A safety plan is a personalized, prioritized list of coping strategies and support resources that helps individuals recognize their distress triggers and find ways to feel better. This simple yet effective tool empowers individuals to manage their mental health and seek help when needed.

[My Safety Plan](#)

### 988 Suicide & Crisis Lifeline

If you or someone you know is experiencing suicidal thoughts or emotional distress, contact the 988 Suicide & Crisis Lifeline. It's available 24/7 with support in 150 languages. Texting starts with a short survey, then connects you to a counselor.

Call, text or chat 988 anytime for immediate help.  
[988 Lifeline](#)

### Mobile crisis resources for mental health emergencies

If you or someone you care about is in a severe mental health crisis, mobile crisis teams can come to you quickly. They'll meet you in a familiar, comfortable setting and work to stabilize the situation with professional support. Check availability in your area.

[Mobile Crisis Resources](#)

### 911

If you or a loved one is experiencing an immediate, life-threatening emergency, call 911. Inform them that you're calling because of a mental health crisis so they can send the appropriate personnel to handle the situation with care.

Call 911 anytime

The information provided in these materials is for educational purposes only and is not a substitute for your doctor's care. Please talk with your doctor about it. Your personal health information is kept private based on your plan's privacy policy. Some services may not be covered under your benefit plan. Please check your benefits.

**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** The information provided through this service is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

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