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24/7 Talk & Crisis Line

Talk to someone right away.

What it is:

A free, 24/7 phone line where you'll speak with a trained crisis professional who can help assess the situation, provide support, and connect you to the right services.

When to use it:

- You or someone you know is in emotional distress
- Feeling overwhelmed, anxious, or unable to cope
- You're worried about yourself or someone else
- You're not sure what help is needed but need guidance

What to expect:

- Immediate support and listening
 - Help calming the situation
 - Connection to resources or next steps
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NOT SURE WHAT YOU NEED?

Start with the
24/7 Talk & Crisis Line
844-345-4569

We'll listen, support, and help figure out next steps.

- Free and confidential support
- Serving individuals, families, and communities

seasons 

phone

800-242-5101

website

www.seasonscenter.org

suicide & crisis lifeline:
988



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seasons 

Crisis Services



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24/7 help when life feels overwhelming.
844-345-4569



Mobile Crisis Services

We come to you when in-person support is needed.

What it is:

A team that can respond face-to-face in the community (home, school, hospital, etc.) to provide crisis assessment, intervention, and support.

When to use it:

- Situation feels too intense to handle alone
- Someone needs in-person support to stay safe
- A crisis is happening at home, school, or in the community
- Law enforcement, hospitals, or schools request assistance

What to expect:

- In-person crisis support
- Help calm and stabilize the situation.
- Assessment and Safety Planning
- Coordination with community partners
- Follow-up support for up to 30 days if needed

Crisis Stabilization Community-Based Services (CSCBS)

Short-term support to stabilize and stay in your community.

What it is:

A structured, short-term service (up to 5 days) focused on helping individuals stabilize after a crisis while staying at home or in their community.

When to use it:

- After a crisis when additional support is still needed
- When someone needs help building coping skills quickly
- When extra support is needed to return to daily routines

What to expect:

- In-person skill-building sessions
- Daily virtual check-ins with a Mental Health Professional
- A personalized Stabilization Plan
- Connection to therapy, medication, and community resources

Alex's Place Crisis Stabilization Residential

Short-term stay for extra support outside the home.

What it is:

A short-term, voluntary residential program for adults (18+) experiencing a mental health crisis who do not require inpatient hospitalization.

When to use it:

- The situation isn't safe or manageable at home
- Symptoms feel too intense for outpatient support alone
- You need a structured, supportive environment
- You want help stabilizing without going to the hospital

What to expect:

- 24/7 support in a safe environment
- Short-term stay (typically a few days)
- Help managing symptoms, building coping skills, creating Stabilization Plan
- Daily check-ins with a Mental Health Professional
- Support transitioning back home and to ongoing services