

Emergency Mental Health Services Providing Critical Care in Crisis

Micheal Morhs*

Department of Neurology, Program in Trauma, University of Maryland School of Medicine, Baltimore, USA

DESCRIPTION

Emergency mental health services play a vital role in addressing acute psychological distress and psychiatric emergencies. These specialized services offer immediate support and intervention for individuals experiencing severe mental health crises. With the increasing recognition of mental health as a global concern, emergency mental health services have become essential in ensuring the well-being and safety of individuals in crisis situations [1,2].

When a person's mental state makes it impossible for them to deal with or adjust to the stresses of everyday life, they are in a mental health crisis. A crisis is not life-threatening, but it can be frustrating. A mental health emergency is one in which a person is seriously disoriented, hallucination, or otherwise out of control and is threatening immediate harm to themselves or others. A person rarely experiences a sudden change from good physical health to serious illness. Mental health is the same way. The signs of a mental health crisis should not be ignored in the same way that wouldn't ignore the symptoms of a physical illness [3-5].

Need for emergency mental health services

Mental health emergencies can arise unexpectedly and require immediate attention. Suicidal ideation, severe panic attacks, psychotic episodes, and acute exacerbation of psychiatric disorders are just a few examples of the crises that necessitate emergency mental health intervention. Timely response and appropriate care during these critical moments can be life-saving and prevent further harm to both the individuals and those around them. Emergency mental health services bridge the gap between acute mental health crises and ongoing care, ensuring that those in distress receive immediate assistance and are connected to appropriate long-term support [6].

Emergency mental health services

Emergency mental health services encompass a range of interventions and support mechanisms. Crisis hotlines staffed by trained professionals provide immediate telephonic support to individuals in distress, offering empathy, de-escalation techniques,

and referrals to local services. Mobile crisis teams, consisting of mental health professionals and first responders, offer on-site assessments and interventions. They are equipped to handle emergencies in community settings, homes, or public spaces, providing crisis stabilization and arranging appropriate follow-up care [7].

Psychiatric emergency departments within hospitals are another crucial component of emergency mental health services. These departments provide 24/7 access to specialized psychiatric care, ensuring individuals receive comprehensive assessments, medication management, and short-term stabilization. Collaboration with law enforcement and emergency medical services is also essential to ensure a coordinated response to mental health emergencies and minimize potential harm.

Emergency mental health services face several challenges, including limited resources, long wait times, and the stigma associated with mental health crises. To address these issues, innovative approaches have emerged. Telepsychiatry has become an effective tool, allowing mental health professionals to provide remote assessments and consultations, reducing wait times and increasing accessibility to care. Peer support programs, involving individuals with lived experience, are also gaining recognition, as they provide empathetic and relatable support to those in crisis [8].

Effective emergency mental health services depend on collaboration among various stakeholders, including mental health professionals, emergency departments, law enforcement, and community organizations. Establishing strong partnerships facilitates seamless transitions from emergency interventions to ongoing care; ensuring individuals receive appropriate follow-up support and preventing future crises. Coordination efforts can include establishing protocols for information sharing, providing training for emergency responders, and developing robust referral networks to connect individuals with long-term mental health services [9,10].

CONCLUSION

Emergency mental health services play a crucial role in responding to acute mental health crises. By providing

Correspondence to: Micheal Morhs, Department of Neurology, Program in Trauma, University of Maryland School of Medicine, Baltimore, USA, E-mail: michealmohrs921@gmail.com

Received: 30-May-2023, Manuscript No. EGM-23-24825; **Editor assigned:** 01-Jun-2023, Pre QC No. EGM-23-24825 (PQ); **Reviewed:** 16-Jun-2023, QC No. EGM-23-24825; **Revised:** 23-Jun-2023, Manuscript No. EGM-23-24825 (R); **Published:** 30-Jun-2023, DOI: 10.4172/2165-7548.23.13.292

Citation: Morhs M (2023) Emergency Mental Health Services Providing Critical Care in Crisis. *Emergency Med.*13:292.

Copyright: © 2023 Morhs M. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

immediate support, intervention, and appropriate referrals, these services save lives and promote the well-being of individuals in distress. Continued investment, innovation, and collaboration are vital to improving the accessibility and effectiveness of emergency mental health care, ultimately reducing the burden of mental health emergencies on individuals.

REFERENCES

1. Sakr M, Wardrope J. Casualty, accident and emergency, or emergency medicine, the evolution. *J Accid Emerg Med.* 2000;17(5):314-319.
2. Razzak JA, Kellermann AL. Emergency medical care in developing countries: is it worthwhile?. *Bull World Health Organ.* 2002;80(11):900-905.
3. Williams JM, Ehrlich PF, Prescott JE. Emergency medical care in rural America. *Ann Emerg Med.* 2001;38(3):323-327.
4. Walker DM. Emergency medicine in perspective. *Can Med Assoc J.* 1982;127(2):116.
5. Holliman J. What is emergency care?. *Prague Medical Report.* 2004;105(1):5-12.
6. Shah HN. Role of emergency physician in an organization in India. *Int. j. health syst. disaster manag.* 2014;2(3):153.
7. Schneider SM, Hamilton GC, Moyer P, Stapczynski JS. Definition of emergency medicine. *Ann Emerg Med.* 1998;5(4):348-351.
8. Oster A, Bindman AB. Emergency department visits for ambulatory care sensitive conditions: insights into preventable hospitalizations. *Med Care.* 2003:198-207.
9. Blaya JA, Fraser HS, Holt B. E-health technologies show promise in developing countries. *Health Aff.* 2010;29(2):244-251.
10. Fischer M, Hemphill RR, Rimler E, Marshall S, Brownfield E, Shayne P, et al. Patient communication during handovers between emergency medicine and internal medicine residents. *J Grad Med Educ.* 2012;4(4):533-537.