

Community Crisis Intervention & Support Services Mobile Crisis Outreach Team (MCOT)

When to Request

PROGRAM OVERVIEW: The Mobile Crisis Outreach Team (MCOT) provides mental health support to any individual who is currently located in Salt Lake County. MCOT is able to provide fast, no cost, face-to-face or virtual video crisis support. Each team is comprised of one Licensed Mental Health Professional and one Peer Support Specialist. They are able to provide support to adults, youth, families, schools, treatment providers, first responders, shelters, and more. Upon arrival, MCOT is able to provide support to individuals or family members, complete full mental health assessments, provide resources, and refer to a higher level of care such as an emergency department or inpatient hospitalization when needed.

HOW TO REQUEST MCOT: Contact 801-587-3000 to reach the Utah CrisisLine. A Certified Crisis Worker will help to determine if MCOT is the appropriate level of support.

WHEN TO REQUEST MCOT:

Anyone Who Is Experiencing:

- Suicidal thoughts, threats, actions
- Self-harming (banging head, cutting, burning, hitting themselves, etc.)
- Homicidal thoughts, threats, actions (MCOT will respond in conjunction with police)
- Crying or visibly upset
- Appears to be depressed and isolated
- Expresses feeling lost, alone, and having a difficult time coping with life
- Experiencing panic attacks
- Delusions (false beliefs), disorganized speech, hearing or seeing things that aren't there.
- Talking to themselves and/or seems to be confused; unable to meet their basic needs
- Specifically asking for MCOT or asking for general help
- Appears to be intoxicated and disoriented; unable to meet basic needs
- Appears on guard and/or scared
- Aggressively acting out (may need to co-respond with police)
- Family member of individual experiencing any of the above behaviors
- Community treatment provider expressing concern for person's state of mental health
- Parent with an unruly child/adolescent, unable to control child/adolescent