Warning Signs of Suicide

- Frequently talking about suicide
- Comments about being hopeless, helpless, or worthless
- Losing interest in things one used to care about
- Extreme mood swings
- Acting anxious or agitated; behaving recklessly
- Withdrawn or feeling isolated
- Drop in grades
- Family history of suicide or mood disorders
- Sudden interest in giving away valued personal items
- Substance use

What is an involuntary hold or 5585?

5585 is the number of the section of the Welfare and Institutions Code under California State Law which allows a minor who is experiencing a mental health crisis to be involuntarily detained for a 72-hour psychiatric hospitalization due to threat of harm to self, others, or being gravely disabled. A minor refers to those youth below the age of 18.

A minor on a 5585 can be held in the hospital involuntarily for up to 72 hours. This does not mean that they will necessarily be held the entire 72 hours; it means that psychiatric hospitals have the legal right to do so if determined to be necessary.

A minor can be held involuntarily in a psychiatric facility only if they meet at least one of the three basic criteria:

1. Danger to others – There must be an intent to harm a specific person and that person has the means to carry out their intent. Their harmful intent must be related to their mental illness.
2. Danger to self – There is an intent to harm oneself.
3. Gravely disabled – The person must be unable to avail themselves of food, clothing, or shelter as a result of their mental disorder.

The law also states that the evaluator shall consider available relevant information about the historical course of the person’s mental illness.

Resources

CAT - Centralized Assessment Team for Children and Youth provides assessment and evaluation of minor experiencing psychiatric emergencies including threats of harm to self, others, or gravely disabled.

866-830-6011

Didi Hirsch Crisis Hotline provides 24-hour, immediate, confidential over-the-phone suicide prevention services to anyone who is in crisis or experiencing suicidal thoughts.

877-727-4747

NAMI Warmline provides telephone-based, non-crisis support for anyone struggling with mental health and/or substance abuse issues.

877-910-9276 or 714-991-6412

The Office of Consumer and Family Affairs provides educational information and support for consumers and family members to better understand the mental health system.

714-834-5917

Information and referral by telephone and internet-based live chat to link participants to County Behavioral Health Services. Available Monday through Friday, 8am to 6pm.

855-OCLINKS or www.ochealthinfo.com/oclinks

Connect With Us!

Call or Chat with us at:

855-OCLINKS

ochealthinfo.com/oclinks

OCHealth

OCHealth

Orange County Health Care Agency
BEHAVIORAL HEALTH SERVICES
Behavioral Health Navigation
www.ochealthinfo.com/oclinks
### What’s Happening With Your Child?

**Pre-Crisis**
- Doing well.
- Obtain phone & internet contacts to OCLINKS (885-OCLINKS), 911, and psychiatric emergency services (866-830-6011).
- Educate yourself about 5585 procedures including harm to self/others and various concepts.
- How to find support for yourself.
- Developing a safety plan for yourself and your child.

**Onset of Crisis**
- Develop awareness of early warning signs or patterns from previous crisis situations to recognize, i.e., isolated, withdrawal, agitation, seeing or hearing things, bizarre statements, refusing to take meds.
- Involuntary 5585 hold.
- May be a delay in transition.
- Unlock all the doors, and keep keys and cell phone with you.

**Crisis Event**
- A situation involves danger to self and/or others.
- Gravely disabled (unable to care for self/provide for self).
- Call CAT (Children and Youth Behavioral Health Centralized Assessment Team) for Mental Health Evaluation at 866-830-6011.
- Crisis Hotline 877-727-4747.
- Always call 911 if you are concerned about anyone’s safety, including your own.
- 911 is always an option if you feel there is a risk to anyone involved.

**Response by Crisis Evaluator**
- They may “pull it together” during their interaction.
- Many minors will retrace “heat of the moment” statements.
- Call Support services like Office of Consumer and Family Affairs (714-834-5917), NAMI Warmline (877-910-9726), Crisis Hotline (877-727-4747), OCLINKS (855-OCLINKS) to find out what behavioral health services are applicable to your individual situation.
- Create a written history with important information needed in the case of crisis situation or unexpected hospitalization including: copies of insurance cards, names and dosages of medications, medical and behavioral health providers contact information.

### Important Information or Things To Do

**Pre-Crisis**
- Call Support services like Office of Consumer and Family Affairs (714-834-5917), NAMI Warmline (877-910-9726), Crisis Hotline (877-727-4747), OCLINKS (855-OCLINKS) to find out what behavioral health services are applicable to your individual situation.
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**If Hospitalization is Needed**
- Usually restrained on a gurney during transport by ambulance.
- Possible outcomes include: discharge, hold up to 72 hours for further evaluation, or admit to a psychiatric facility.

**Admitted to Inpatient Psych Hospital**
- Involuntary 5585 hold.
- Assessed for readiness to discharge.

**Warning Signs or Patterns**
- From previous crisis situations.
- If there is a current behavioral health provider, inform them of the circumstances. Call for immediate consultation, follow up, or new intake ASAP.
- Don’t get discouraged if your child is angry or upset. Keep trying.
- Develop a contract for return home with the hospital staff/case manager.
- Request notification of discharge from hospital.