

# Intensive Crisis Stabilization Services (ICSS)



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hope and help begin here

A youth, up to age 21, with feelings of fear, depression, anxiety, anger, thoughts of self-harm, suicide, or harming others needs help.

Call our 24-Hour Crisis Line (800) 284-8288.

ICSS can respond to your home, school or other community location Monday through Friday 10 AM to 7 PM.

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## Intensive Crisis Stabilization Services (ICSS)

A youth with feelings of fear, depression, anxiety, anger, thoughts of self-harm, suicide, or harming others is nothing to be ashamed of. If a youth, up to age 21, is experiencing a behavioral, emotional, or psychiatric crisis the Intensive Crisis Stabilization Services (ICSS) team can respond to your home, school or another community location — regardless of insurance.

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### ICSS Steps

1. You call the Crisis Line at (800) 284-8288 and request ICSS
2. A team responds to your home, school or other community location
3. ICSS provides crisis intervention services
4. ICSS develops a safety plan and prepares you for your next appointment
5. After the crisis, ICSS follows up, as needed

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### ICSS Services

- Assessments
- De-escalation of the crisis
- Crisis and safety planning
- Intensive individual counseling
- Family therapy
- Coping skills
- Problem solving skills
- Mental health education
- Referrals to other community resources



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