



National Alliance on Mental Illness

# nami North Texas

## 911 Checklist

**If your loved one is a danger to themselves or others, please dial 911**

Hold this list in your hand when you dial 911 so you can follow the suggested guidelines. Give the dispatcher the following information:

- Your Name
- Address law enforcement should come to
- List any weapons that are present
- Name of your loved one
- Age
- Height and weight
- Clothing description
- Diagnosis
- Drug use (current or past)
- Medications (on or off)
- Prior violent behavior
- Past Psychosis
- Details about past delusions or hallucinations
- Triggers
- Things that have helped in the past

**Keep in Mind:** *You are asking an unknown professional to come to your home to help you resolve a crisis. They will have NO information about the situation/individual unless you inform them.*

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Helpful **non-emergency** numbers:

ADAPT Mobile Crisis Team: **1-866-260-8000**

Suicide & Crisis Center of North Texas: **214-828-1000**

Dallas PD Mental Health Liaison: **214-671-3570**

NAMI North Texas

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[www.NAMINorthTexas.org](http://www.NAMINorthTexas.org)

