

NAVIGATING

a mental health

CRISIS



WARNING SIGNS of a Mental Health Crisis

It's important to know that warning signs are not *always* present when a mental health crisis is developing.

- ✓ **Trouble with daily tasks** like bathing, brushing teeth, changing clothes
- ✓ **Sudden, extreme changes in mood**
- ✓ **Increased agitation**
- ✓ **Abusive behavior** to self and others, including substance use or self-harm
- ✓ **Isolation**

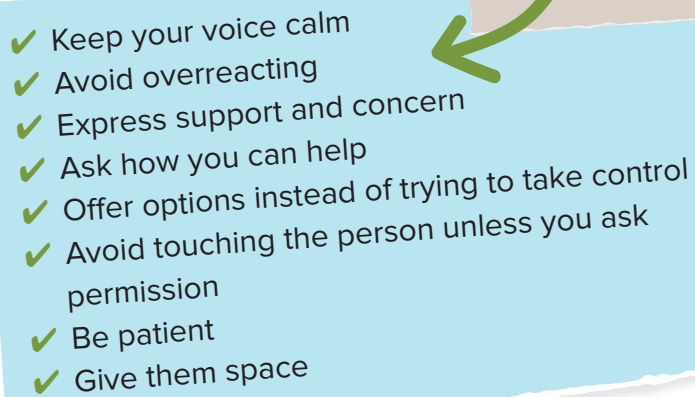
- ✓ **Symptoms of psychosis**, like difficulty recognizing family or friends, hearing voices, seeing things that aren't there
- ✓ **Paranoia**



WHAT TO DO in a Mental Health Crisis

IF YOU ARE WORRIED that your loved one is in or nearing a crisis, seek help. Make sure to assess the immediacy of the situation to help determine where to start.

- ◆ **Is the person in danger** of hurting themselves, others or property?
- ◆ **Do you have time** to start with a phone call for guidance from a mental health professional?
- ◆ **Do you need emergency assistance?**

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- ✓ Keep your voice calm
 - ✓ Avoid overreacting
 - ✓ Express support and concern
 - ✓ Ask how you can help
 - ✓ Offer options instead of trying to take control
 - ✓ Avoid touching the person unless you ask permission
 - ✓ Be patient
 - ✓ Give them space



If the situation is life-threatening, call 911 and ask for someone with mental health experience to respond, like a Crisis Intervention Team.