WARNING SIGNS of a Mental Health Crisis

- 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

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

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?

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.

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