NAVIGATING 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 quidance 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.











