**NAVIGATING a mental health CRISIS**

**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.