

How to Help Someone Experiencing a Mental Health Crisis

Providing Support and Connecting to Help

Warning Signs of a Mental Health Crisis- *some or none may be present*

- Trouble with daily tasks like bathing, brushing teeth, changing clothes
- Sudden, extreme changes in mood
- Disturbances in sleep
- Significant weight loss or gain
- Increased agitation
- Isolation
- Self-harm, attempting to take one's life, or planning to do so
- Intense worry or fear that interrupts daily activities
- Making verbal threats against self or others
- Difficulty concentrating
- Severe agitation
- Symptoms of psychosis, like difficulty recognizing family or friends, paranoia, or seeing, hearing, or believing things that are not real
- Severe out of control behavior that causes harm to self or others

What to Do in a Mental Health Crisis

- If you are concerned about a loved one in, or nearing a crisis- seek help.
- Assess the immediacy of the crisis to decide which resource or support would be best.
- Ask yourself:
 - ❖ Is the person in danger of hurting themselves or others?
 - ❖ Do you have time to call for guidance from a mental health professional?
 - ❖ Do you need emergency assistance (911, Law Enforcement, EMS)?

What YOU can do to help:

- ❖ Keep a calm tone
- ❖ Avoid overreacting
- ❖ Express concern and provide support
- ❖ Ask how you can help them
- ❖ Offer options instead of being in control
- ❖ Be patient
- ❖ Give them space

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A SAFETY PLAN CAN KEEP YOU, OR SOMEONE YOU LOVE, SAFE WHEN FEELING OVERWHELMED AND/OR EXPERIENCING A SEVERE EMOTIONAL CRISIS, THAT MAY OR MAY NOT LEAD TO SUICIDAL THOUGHTS. MAKING A SAFETY PLAN WILL HELP OTHERS UNDERSTAND HOW TO SUPPORT YOU. **ANYONE** CAN MAKE A SAFETY PLAN, AND IT IS BEST TO CREATE ONE *BEFORE* A CRISIS. USE THIS TO COMPLETE YOUR OWN SAFETY PLAN FOR WHEN YOU NEED IT.

Crisis Safety Plan

Warning Signs that tell me I am starting to get overwhelmed:

Thoughts

Ex. Thinking negative thoughts or about ways to harm yourself.

Feelings

Ex. Hopelessness, guilt, unmotivated

Body Sensations

Ex. tight chest, racing heart

Behaviors

Ex. isolating, pacing, sleeping less

Coping Strategies- Things I can do to take my mind off my problems:

A Safer Environment- Things I can do to make my environment safe, or spaces that I feel safe:

Getting Support

People I can call:

Numbers I can call if this plan is not helping:

National Suicide and Crisis Lifeline: 988
Veteran's Crisis Line: Dial 988, press 1
Crisis Text Line: Text "HOPE4SC" to 741741
Mobile Crisis: 833-364-2274
In an emergency, call 911.

My Reason to Keep Living: _____