

# 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

# How to Help Someone Experiencing a Mental Health Crisis

Providing Support and Connecting to Help



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:** \_\_\_\_\_