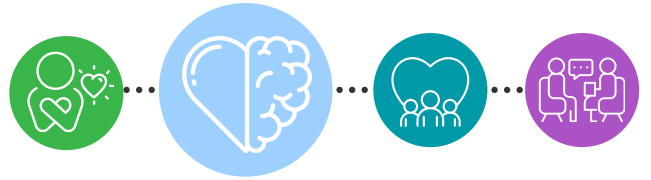


Mental Health Crisis



A mental health crisis is any situation in which a person's behavior puts them at risk of hurting themselves or others and/or prevents them from daily functioning.

Prevention and Preparation

By taking the necessary steps, you can prepare for or even prevent a possible future crisis.

Educate yourself about mental illness.

Ask for help when you need it.

Remove or lockup weapons and/or medications.

Communicate with your loved ones.

Create a crisis plan.

Consider a Psychiatric Advanced Directive [here](#).



Creating a support system is a great way to prevent a mental health crisis. Reach out to friends and family, or other people in your community that you trust.

Peer support is powerful. Peers are people who have been in your shoes and understand what you are going through on a deeper level.

Find support from peers who know what it's like:

NAMI Colorado Springs: (719) 473-8477

Depression and Bipolar Support Alliance: (719) 477-1515

Pikes Peak Suicide Prevention Partnership: (719) 573-7447

Serenity Recovery Connection: (719) 465-2295

Watch for common behaviors that could be warning signs that a mental health crisis may occur. Consider reaching out for help if you or someone you know:

- cannot do daily tasks such as bathing, eating, going to work or school.
- is using more drugs or drinking more alcohol than before.
- has big changes in feelings.
- is hurting themselves or others.
- is going through a breakup.
- is saying things like "nothing matters anymore", "you will be better off without me", or "life is not worth living".
- wants to spend time away from friends or family.
- sees or hears things that are not there.
- is talking as if they are saying goodbye or going away forever.
- is collecting pills or getting a weapon.
- is tying up loose ends like giving away personal belongings.
- feels like everything is going wrong and there is no way to make it better.



Confront possible suicidal thoughts here.

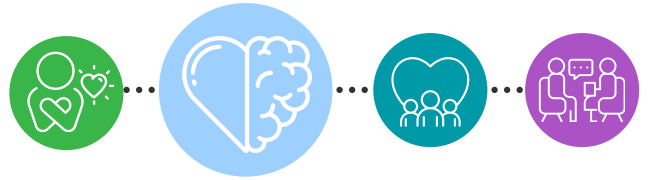


More information on signs and symptoms here.

More information and resources for navigating a mental health crisis on the back.



Mental Health Crisis



Navigating a Crisis

When **helping someone through a crisis**, it is important to:

avoid saying
"calm down".

make sure that
you are calm.

listen and be
patient.

offer options.

show them
that you care.

avoid reacting
too strongly.

ask how you
can help.

give them
space.

Remember:

A person experiencing a mental health crisis may not always clearly communicate their thoughts, feelings, needs, or emotions. They may also find it difficult to understand what others are saying.

Who to Call for Help

- 1 Call the person's doctor or therapist.
- 2 Call Colorado Crisis Services, 1-844-493-8255.
- 3 Call the National Suicide Hotline, 988.
- 4 Call a local mental health hospital.
- 5 Call non-emergency dispatch, 719-444-7000.
- 6 Go to the emergency room.
- 7 Call 911 for life threatening emergencies.



Tips for Calling First Responders

- Request a mental health crisis team or a Crisis Intervention Team (CIT) trained officer.
- Say what you need to say in a short and clear way.
- You can make requests.
- Once the first responders arrive, they are in control.

Next Steps

Moving forward after a mental health crisis can involve:

- asking for resources from the people who helped during the crisis.
- calling insurance for recommendations on treatment options.

Recovery

Recovery is possible and it looks different for everyone.

- Peer support and coaching
- Being physically active
- Mindfulness and meditation
- Spirituality or faith
- Alternative therapies

Advocacy

Help those around you so they do not have to go through what you went through.

- Donating
- Volunteering
- Legislative advocacy