

KNOW THE WARNING SIGNS

of a mental health and/or substance use crisis



It's okay to ask for help

- ✓ Not trusting family and/or loved ones.
- ✓ Inconsistent mood swings, such as increased energy, pacing, suddenly depressed, withdrawn, suddenly happy.
- ✓ Increased irritability and/or behavioral changes, verbal threats, anger towards others, physical damage to property.
- ✓ Causing harm towards self or others including substance use and/or self-harm.
- ✓ Confusion about what is real and what is not real, such as not being able to recognize family or friends, confusion with or not being able to perform daily tasks, hearing voices, hallucinating.
- ✓ Isolating themselves from school, work, family, or friends.
- ✓ Inability to perform everyday living tasks such as getting out of bed, bathing, brushing their hair or teeth, completing work or school tasks.

WHAT YOU CAN DO

If you are worried that your loved one is nearing a mental health crisis, seek help. Communication with your loved one is key and it is recommended to:

- ✓ Keep your voice calm, be patient, give them space.
- ✓ Listen to their concerns, ask how you can help, and express your support.

IMPORTANT

You can call or text **988** or chat at [988lifeline.org](https://www.988lifeline.org), if you are worried about a loved one who may need crisis support.

If there is an active immediate physical threat of self-harm, or harming others, and/or a medical emergency, dial **911** instead and ask the 911 operator to send Crisis Intervention Team (CIT) officers if available. These are specially trained officers who work with individuals with mental health concerns. They'll also be familiar with your community's mental health resources.

you are
NOT ALONE
in this