

Mental Health Awareness Month

How to Navigate Mental Health Crises

Mental health emergencies can arise suddenly and intensely. These moments may involve severe depression, panic attacks, suicidal thoughts/behaviors, extreme anxiety, psychosis, and situations where an individual is unable to care for themselves or is at risk of harming themselves or others. Other warning signs include: hearing or seeing things that aren't really there, talking about wanting to die, feelings of hopelessness and burdensomeness, severe mood swings, and the inability to calm oneself down. Recognizing these signs early and knowing how to respond can be crucial in providing the support and intervention needed.

What to do:

- Prioritize safety (physical and emotional)
- Stay calm and regulated
- Offer non-judgmental support
- Listen empathetically
- Use reassuring communication such as "we're going to get you help."

If someone is an immediate danger to themselves and/or someone else, please call 911 right away.

Remember:

Long-term support is crucial for mental health; encourage seeking professional help and building a support network after a crisis. Prompt and compassionate responses to mental health emergencies can lead to better recovery and stability.



Crisis Resources:

- **National Suicide & Crisis Lifeline:**
Dial or text 988
(for veterans line press 1)
- **Crisis Text Line:** text "HOME" to 741741
- **The Trevor Project (LGBTQIA+):**
call 866-488-7386 or text "START" to 678-678



Recognize warning signs in yourself and others.



Provide crisis resources like 988 and other helplines.



Encourage the local ER or behavioral health hospital.



Dial 911 to conduct a "wellness check" on the individual in crisis.



CorpCare



CorpCare's Employee Assistance Program is here to help! If you are interested in adding confidential, caring, professional assistance for your team, call

877.843.6036

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