

"Can You See Me?" Campaign: Mental Health Crisis Help Sheet

Understanding Mental Health Crisis

Sometimes, people go through tough times with their mental health. When things get really hard, it's called a mental health crisis. This means someone might feel very sad, scared, or even think about hurting themselves.

Signs of a Mental Health Crisis

Feeling Really Sad: Feeling super sad or hopeless, like things will never get better.

Can't Sit Still: Moving around a lot or feeling like they can't stay in one place.

Thinking About Hurting Themselves: Thinking about hurting themselves or even thinking about ending their life.

Seeing or Hearing Things: Seeing or hearing things that aren't really there.

Feeling Really Confused: Not making sense when they talk or feeling like they're in a dream.

Can't Do Regular Things: Not being able to do everyday stuff like going to school or work.

Getting Really Mad: Acting really angry or upset.

Remember, Everyone's Crisis is Different

A crisis is different for everyone. What might not seem like a big deal to someone else could be really hard for the person going through it. It's important to understand and respect how they're feeling.

What to Do in a Mental Health Crisis

Stay Calm: Try to stay calm and help them feel safe.

Make Sure They're Safe: Check to make sure there aren't any dangerous things around.

Listen and Be Kind: Listen to what they're saying and try to understand without judging.

Get Help: Encourage them to talk to a professional or call for help.

Call for Emergency Help: If they're in danger, call 911 or go to the nearest emergency room.

Stay With Them: Stay with them until they feel better or help arrives.

Check Back Later: After things calm down, check back in with them to see how they're doing.

Where to Find Help

National Suicide Prevention Lifeline: Call 1-800-273-TALK (8255) for free and confidential support 24/7. You can also chat online. <https://988lifeline.org/>

Crisis Text Line: Text HOME to 741741 to talk to someone who can help you through text.

Local Hotlines: Look online or ask your local mental health center for a number you can call for help.

Emergency Services: If it's an emergency, call 911 or go to the nearest hospital.

988 Crisis Hotline: Dial 988 for free and confidential support 24/7 for mental health crises, launching in July 2022.

Remember, it's okay to ask for help when things are tough. You're not alone, and people want to help you feel better.

Together, we can get through tough times. You matter, and you deserve support.