

Mental Health Crisis

A situation when a person's behavior puts them at risk of hurting themselves, others and/or prevents them from being able to care for themselves



Warning Signs

- Inability to perform daily tasks
- Isolation/withdrawal
- Increased Agitation/Aggression
- Rapid mood swings
- Paranoia/psychosis
- Sleeping Problems
- Suicidal thinking

National Hotlines Available 24hours/7days

National Suicidal hotline

1-800-273-TALK (8255)

S.A.F.E Alternatives

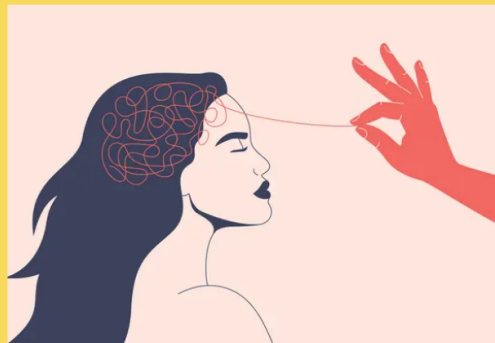
800-366-8288

SAMHSA hours

1-800-662-HELP (4357)

NAMI Crisis Text Line

Text NAMI to 741-741



- Communicate With Your Primary Care Doctor
- Call Insurance Company For A List Of Mental Health Providers
- Call 211 For Local Services For Supports
- Call Local Police Department For a Wellness Check

Mental Health & Wellness



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Professional Resources

[Psychologytoday.com](https://www.psychologytoday.com)

[Goodtherapy.org](https://www.goodtherapy.org)

[Therapytribe.com](https://www.therapytribe.com)

[Inclusivetherapists.com](https://www.inclusivetherapists.com)

[Therapyforblackgirls.com](https://www.therapyforblackgirls.com)

[Therapyforblackmen.org](https://www.therapyforblackmen.org)

[Finder.psychiatry.org](https://finder.psychiatry.org)



Types Of Coping Mechanisms

- Take Breaks From News/Media
- Engage In Physical Activity
- Join A Faith Community
- Engage In Relaxation Activities
- Eat Nutritious Foods
- Engage In Positive Distractions
- Ask For Support



Supporting Someone In Crisis

- Express Concern
- Listen Without Judgment
- Validate Feelings
- Respect Their Needs
- Practice Grounding Activities
- Encourage Treatment



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