

## WHAT IS A MENTAL HEALTH CRISIS?

A mental health crisis means that a person's feelings or problems are so strong that they cannot do what they need to do that day.

A mental health crisis may also mean that the person is at risk of hurting themselves or others.



## SIGNS OF A MENTAL HEALTH CRISIS:

These are some common signs that you or someone else may be having a mental health crisis:

- Not able to do daily activities like bathing, brushing teeth, or changing clothes
- Changes in mood, increased energy level, or restless
- Suddenly sad, withdrawn, not wanting to be around other people
- Angry, verbal threats, violent, destroy property
- Using drugs or other substances, self-harm like cutting, abusive behavior
- Not able to recognize family or friends, confused, strange ideas, thinks they are someone they are not, hearing voices, seeing things that are not there.

## HOW LONG DOES A MENTAL HEALTH CRISIS LAST?

Sometimes a crisis will only last a few minutes.

Sometimes a crisis can last for days or months.

It depends on how quickly the person is able to get help and the type of coping skills they have.

If a person is able to widen their resilient or "OK" zone they may be able to recover from a mental health crisis more quickly.

