

What should I do if I'm having a mental health crisis?

- The most important thing to do in a crisis is to **TELL SOMEONE**.
- If you tell someone else that you are in crisis, they can help you to work on a plan to feel better.
- Start by talking to a person you trust, like a parent, friend, support staff, or doctor. Be honest with them and tell them about the thoughts you have been having.
- If you need more help, you can talk to a professional by calling or texting the National Suicide Helpline at **9-8-8**.
- If you need immediate help to stay safe, you should **CALL 9-1-1**.



How can I prevent a mental health crisis?

It is helpful to plan how to handle a crisis before it happens.

Having a plan can help you to get through a mental health crisis more easily or even prevent a crisis from happening.

Your plan should include:

- A list of triggers that may cause a mental health crisis.
- Strategies to help you feel calm again.
- Phone numbers for trusted adults and emergency providers.

A mental health professional can help you create a mental health crisis plan. They can also help you to learn and practice skills for managing your emotions.