



WHAT TO SAY WHAT TO DO

in a mental health crisis

Longview Behavioral Health

FREE mental health urgent care
2260 W Trilby Rd., Fort Collins
24/7 Mobile crisis and walk in
Phone: 970-494-4200 opt. 4

911 - Co-Responder Program

immediate behavioral health support

Helpful Websites

www.suicideprevent.org
www.coosp.org
www.psychologytoday.com
www.trevorproject.org
www.mantherapy.org



988 - Mental Health Help Line

When do I call/text 988?

- Worried about someone
- Looking for mental health resources
- Need to vent to a safe person
- Need advice about a work situation/relationship
- Having trouble sleeping

988 Support Press:

1. Veterans
2. Spanish
3. LGBTQ+

WHEN TO GET HELP

Warning Signs of Suicide

- Inability to enjoy normal activities
- Isolation or withdrawal
- Changes in sleeping, eating, and physical care
- Unexplained irritability, anger, sadness
- Feeling hopelessness or burdensome
- Lack of energy, even with sleep
- Inability to concentrate
- Substance use
- Self-harm

Live

a person's ability to do daily activities, i.e. eat, shower, go to school/work

Laugh

a person's ability to find joy - to do the things that make them happy

Love

a person's ability to have satisfying relationships

If you find that you/your person is struggling with their ability to live, laugh and/or love for at least 2 weeks or longer than it may be time to reach out for additional support.
If the pain is constant, don't wait, reach out for help sooner rather than later.

HOW TO HELP

1

Start the conversation:

- "How have you been doing?"
- "Hey, you've seemed a little off lately, is something going on?"
- "I just wanted to check in, I've noticed (behavior) and I'm worried about you. Is there anything you'd like to talk about?"

2

ASK directly about suicide *when* you need to:

"Sometimes when people go through (event/experience), it makes them feel (feelings) and sometimes when they feel that way they might think about killing themselves. I am here for you and was wondering if you were feeling this way?"

3

Listen Non-judgmentally

Often, in this step, we tend to want to "fix" the problem or take away the pain. One of the most helpful things for someone experiencing a mental health crisis is to know that they are not alone. A great way to help people feel connected is by listening to their experience without trying to solve it.

Do

- Remember just by asking you're showing that you care
- Let them have big feelings
- Let them talk
- Let them be quiet
- Offer resources and information when asked

Don't

- Don't "should" all over people
- Don't give unsolicited advice or opinions
- Disregard or minimize when someone shares their experiences with you
- Don't make it about you

If you find yourself offering solutions, instead, try saying something like: "tell me more about....." or "can you help me understand...." and remember it's okay not to have all the right answers or words.

4

Take Action

If you're worried about someone consider using one of these sentences to help you take action:

- Can I help you get help?
- Is there someone else I can help you tell?
- I care too much about you to keep this a secret/do nothing. Can we at least put crisis numbers in your phone?
- Let's call the crisis line together - they'll know what to do
- This is too important not to tell anyone.
- Thank you for trusting me with this. Let's get help together.

988

SUICIDE & CRISIS
LIFELINE

CÓMO AYUDAR

1

Empieza la conversación:

- ¿Cómo te has sentido?
- Oye, últimamente pareces un poco apagado, ¿te pasa algo?"
- "Sólo quería preguntarte, me he dado cuenta de (comportamiento) y estoy preocupada por ti. ¿Hay algo de lo que quieras hablar?"

2

Pregunta directamente sobre el suicidio

cuando entiendas que es necesario:

"A veces cuando la gente enfrenta (suceso/experiencia), esto les hace sentir (sentimientos/emociones) y a veces cuando se sienten así pueden pensar en suicidarse. Estoy aquí para ti y me preguntaba si te sientes así"

3

Escucha sin juzgar

A menudo, en este paso, tendemos a querer "resolver" el problema de la persona o quitarle el dolor que le agobia. Una de las cosas que podemos hacer por una persona que está atravesando una crisis emocional es dejarle saber que no está solo(a). La mejor manera de hacerle sentir que te indentificas con la persona es escucharle sin tratar de resolver el problema. .

Qué hacer

- Recuerda que solo con preguntar estás demostrando que te importa.
- Déjales experimentar sus emociones
- Déjales hablar
- Déjales permanecer callados
- Offer resources and information

Qué no hacer

- Don't "should" all over people
- Don't give unsolicited advice or opinions
- Disregard or minimize when someone shares their experiences with you

If you find yourself offering solutions, instead, try saying something like:

"tell me more about...." or "can you help me understand...." and remember it's okay not to have all the right answers or words.

4

Take Action

If you're worried about someone consider using one of these sentences to help you take action:

- Can I help you get help?
- Is there someone else I can help you tell?
- I care too much about you to keep this a secret/do nothing. Can we at least put crisis numbers in your phone?
- Let's call the crisis line together - they'll know what to do
- This is too important not to tell anyone.
- Thank you for trusting me with this. Let's get help together.

988

SUICIDE & CRISIS
LIFELINE