



Tri-State EAP Services, Inc.

What is a mental health crisis?

During a mental health crisis, a person's brain chemistry changes, which may cause them to seem to have a different personality than usual. There may be one or more of the following symptoms in the individual:

- Mood disturbances – extreme mood changes
- Irregular expression of feelings
- Change in behavior
- Excessive worrying or fear
- Confused thinking
- Avoiding friends and social activities – Isolating
- Difficulty perceiving reality – hallucinations
- Changes in sleep patterns
- Drug use, abusing prescriptions or alcohol
- Physical ailments such as headaches, stomach aches, vague aches and pains
- Severe fear of weight gain or concern about appearance
- Inability to carry out daily activities – hygiene
- Inability to handle stress
- Lack of insight into these changes
- Risk to others
- Making suicidal statements

These symptoms could appear suddenly or gradually. The change in behavior may disturb close loved ones, friends, coworkers, and peers. In these cases, maintain your composure and show compassion just as you would if the person had suffered a physical injury. There is no shame in seeking mental health treatment. Shame and guilt are two barriers to getting help.

Please have our phone number close at hand as making sure everyone is aware of the resources that are available and how to use them can sometimes prevent a crisis.

It is better to take action right away and get someone help when they are in need. **Call 911 or transport them to the closest hospital.**