

Are there signs of a mental health emergency?
(see back of sheet for symptoms)

YES

It is an emergency.

Call **911** if there is a threat-high risk of violence/harm to self/others.
or
Go to local Emergency Room.
or
Call or text **988** for a 24/7 crisis hotline with free and confidential support.

NO

Not quite but I need immediate crisis support.

Washtenaw County CARES Crisis Team

Call **734-544-3050** for 24/7 support.

Can go to the home of a Washtenaw County resident.
Provides over-the-phone consultations for next steps.

NO

But I'm concerned.

Provide support through non-judgmental listening, expressing concern, and looking at what coping tools are available.

Connect with other supports in community.

Contact their pediatrician or primary care provider.

If they already have a therapist, share observations.
If they need a therapist, connect with their pediatrician/physician or Behavioral Health Navigator to discuss options and insurance coverage.
For other services and support, contact the CARES Crisis Team.

As part of their plan and in addition to therapy and long-term supports, they can contact their school to create a collaborative plan for in-school support.

Dexter High School: 734-424-4240
Mill Creek Middle School: 734-424-4150
Creekside Intermediate School: 734-424-4160

Behavioral Health Navigator:
Kathy Walz, LMSW, CPC

sjmcnavigatore@trinity-health.org
734-680-5312



What is Mental Health?

A person's emotional, psychological, and social well-being.

(U.S. Department of Health & Human Services)

Symptoms of a Mental Health **Challenge**

A mental condition that disrupts a person's thinking, feeling, mood, ability to relate to others, and daily functioning. Below are symptoms and situations of a mental health challenge.

Has the person been experiencing any of the below symptoms for 2+ weeks or on more days than not? If yes, see other side of page for next steps.

- Has their hygiene declined?
- Have there been significant changes in eating or appetite?
- Are they uninterested in their hobbies?
- Have they been talking about feeling worried, stressed, or anxious?
- Are they unusually irritable or angry?
- Are they saying more often that they feel sad or hopeless?
- Have you suspected they were intoxicated or high?
- Have you found items suggestive of substance use or abuse?
- Have they abruptly changed peer groups?
- Are they extremely fatigued?
- Has their sleep changed?
- Are they withdrawing from friends and family?

Sometimes situations can lead to mental health challenges. Here are a few examples. If the person has recently experienced one of these situations, check in with them. If you feel they need additional support, see the other side of the page for steps to take.

- Are you aware of big stressors in their life?
- Have there been recent frightening or life-threatening experiences?
- Has there been a significant change in family structure (like death or divorce)?
- Have they experienced a recent loss in relationships or friendships?
- Have they had a recent severe sports injury that prevents them from playing or performing academically?

Symptoms of a Mental Health **Emergency**

A mental health emergency should be immediately addressed and may manifest as threats of violence or harm to themselves and to others, or extremely unusual behavior including:

May Hurt Self

- Talking in person or online of hurting self
- Researching ways to hurt self and preparing to do so (such as writing a note)
- Serious self injury
- Wishing they could go to sleep and not wake up
- Saying they want to kill themselves

May Hurt Others

- Saying in person or online that they want to kill or hurt others
- Trying to secure weapons
- Hurting animals
- Violence towards others
- Destroying property

Unusual Changes in Behavior

- Hallucinations
- Losing touch with reality
- Paranoia
- Not making sense
- Severe intoxication

See other side of page for steps to take in seeking appropriate support for mental health challenges and emergencies.

Cited Sources: NAMI, SAMHSA, NIMH, Mott's, CDC, AACAP, DHHS

Adapted from srsly Chelsea's Resource Access Roadmap.
For more information, visit srsly.org or contact info@srslychelsea.org