



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; free and confidential support.

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



Not quite but I need immediate crisis support.

Call the local community mental health agency:
Community Mental Health Authority of Ingham County
Crisis Line: **517-346-8460**
Washtenaw County Community Mental Health
Crisis Line: **734-544-3050**
Lifeways Community Mental Health - Jackson County
Crisis Line: **800-284-8288**
Livingston County Community Mental Health
Crisis Line: **517-546-4126**



But I'm concerned.

Provide support through nonjudgmental listening, expressing concern, and looking at what coping tools are available.
Connect with other supports in community.

If the person already has 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's counseling office to create a collaborative plan for in-school support.
Counseling offices: Chelsea High School:
call **734-433-2243**
For Beach Middle School, South Meadows, and North Creek, call school office and request "support services."

Contact their pediatrician or primary care provider.

Behavioral Health Navigators:
Kathy Walz, LMSW, CPC
Anna Webber, LMSW
BHNavigator@trinity-health.org
734-904-6937



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 health 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 more days than not? If yes, see other side of page for steps to take:

- Has their hygiene declined?
- Have there been any significant changes in eating or appetite?
- Are they uninterested in their hobbies?
- Have they been talking more 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 to substance use or abuse?
- Have they abruptly changed peer groups?
- Are they extremely fatigued?
- Has their sleep changed?
- Are they withdrawing from family and friends?

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

- Are you aware of any big stressors in their life?
- Have there been any recent frightening or life-threatening situations?
- Has there been any significant change in family, like death or divorce?
- Have they experienced any recent losses 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

Mental Health Emergencies should be immediately addressed and may manifest as threats of violence or harm to themselves and others, or extreme unusual behavior including:

May Hurt Self...

- Talking in person or online about 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
- Becoming paranoid
- 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*