

# MENTAL HEALTH CRISIS

Developed by:  
Mental Health  
America of Georgia

# Mental Health America of Georgia



- Mission: Enhance mental health and wellness of Georgians through **education, outreach, and advocacy.**
- Vision: Georgians will have improved mental wellness outcomes through educating the community regarding mental health, promoting mental wellness and ensuring policies to support mental illness, health and wellness.

[www.mhageorgia.org](http://www.mhageorgia.org)

# Objectives

Describe	Describe types of crises and how to assess for risk of harm.
Identify	Identify effective coping strategies to empower individuals to seek help.
Demonstrate	Demonstrate ways to effectively respond to a person in crisis.

# What is a Crisis?



- “...crisis is an experience of an event or situation as an intolerable difficulty that exceeds the person’s current resources and coping mechanisms.”
- Focus on how a person *deals* with the event rather than with the event itself.

# Types of Crisis

**Developmental crises** occur as part of the process of growing and developing through various periods of life.

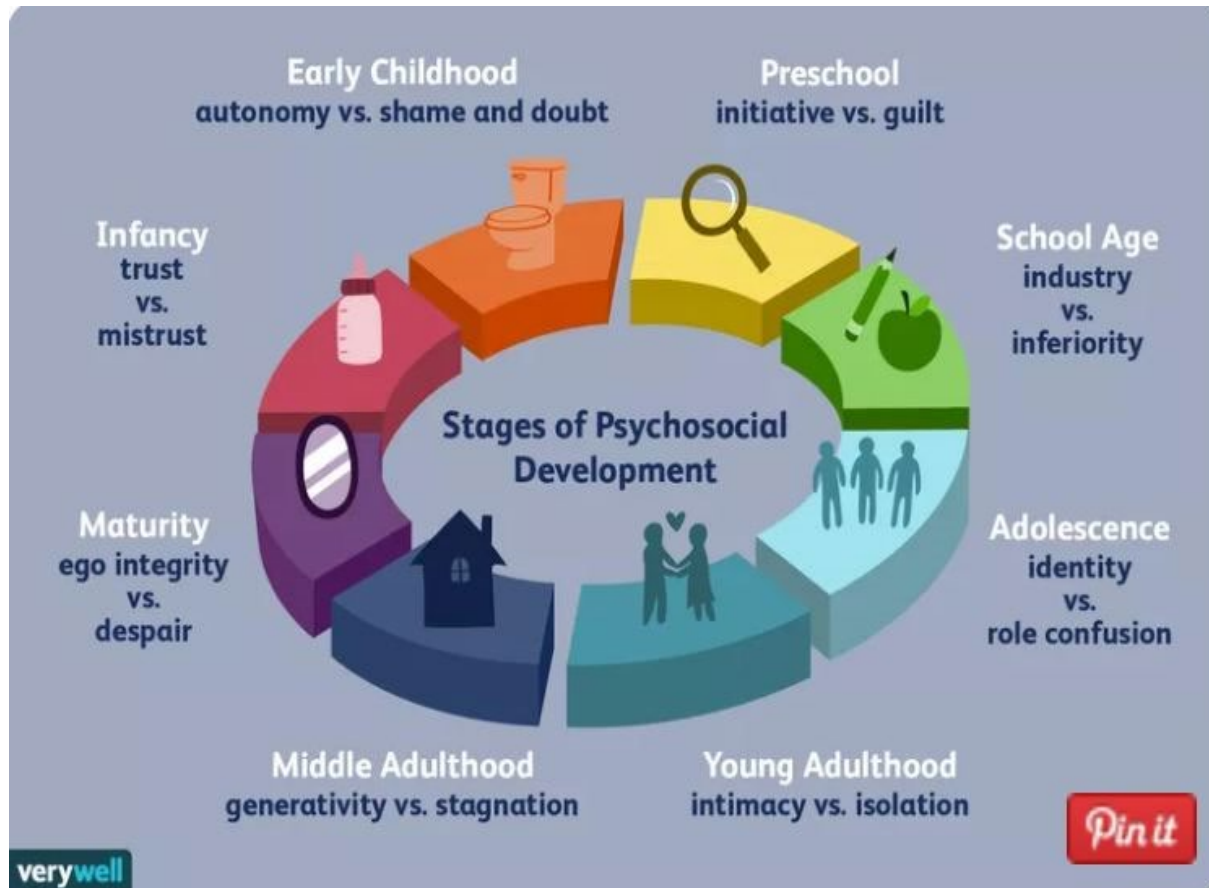


**Situational crises** are sudden and unexpected, such as accidents and natural disasters.



**Existential crises** are inner conflicts related to things such as life purpose, direction, and spirituality (i.e. midlife crisis).

# Erik Erikson's Stages of Psychosocial Development



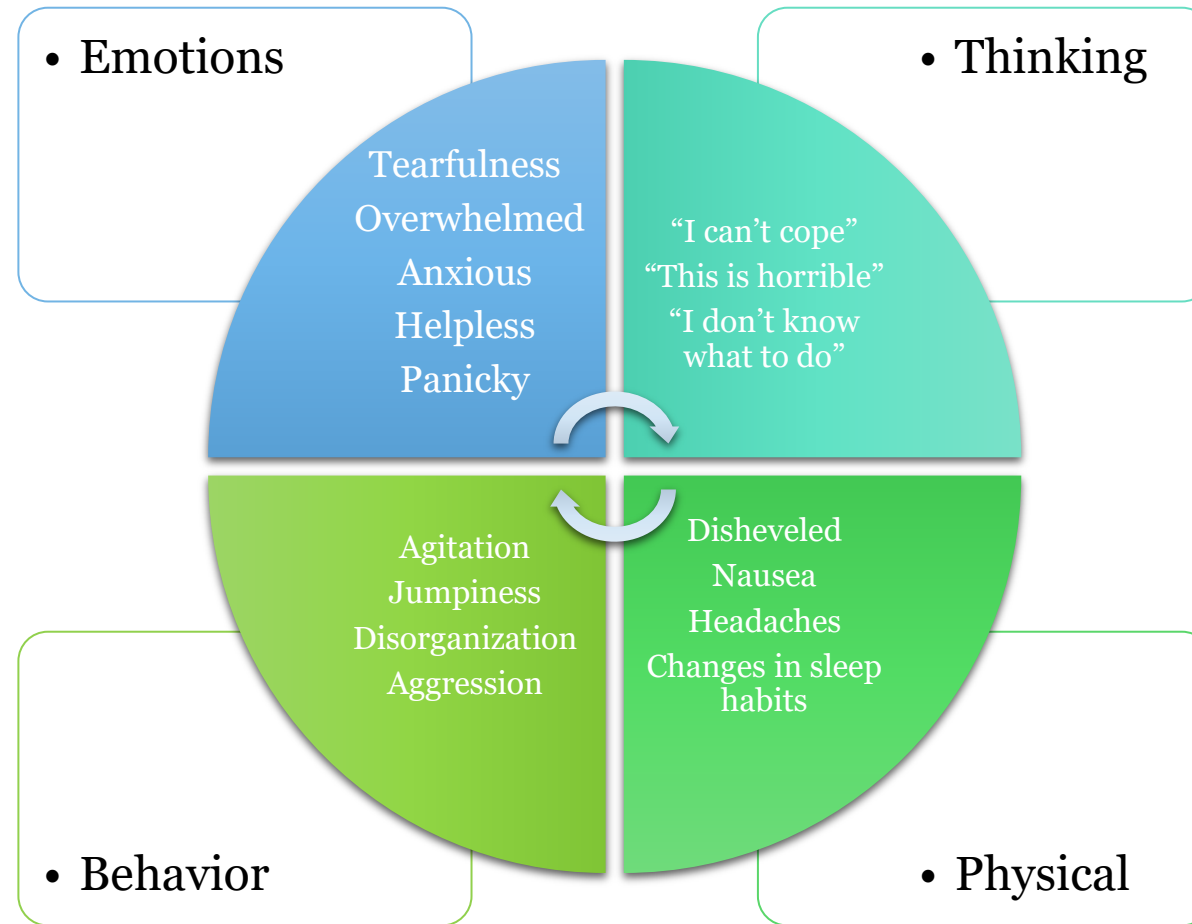
- Stage 1 - Trust vs. Mistrust
- Stage 2 - Autonomy vs. Shame & Doubt
- Stage 3 - Initiative vs. Guilt
- Stage 4 - Industry vs. Inferiority
- Stage 5 - Identity vs. Confusion
- Stage 6 - Intimacy vs. Isolation
- Stage 7 - Generativity vs. Stagnation
- Stage 8 - Integrity vs. Despair

# Mental Health Crisis



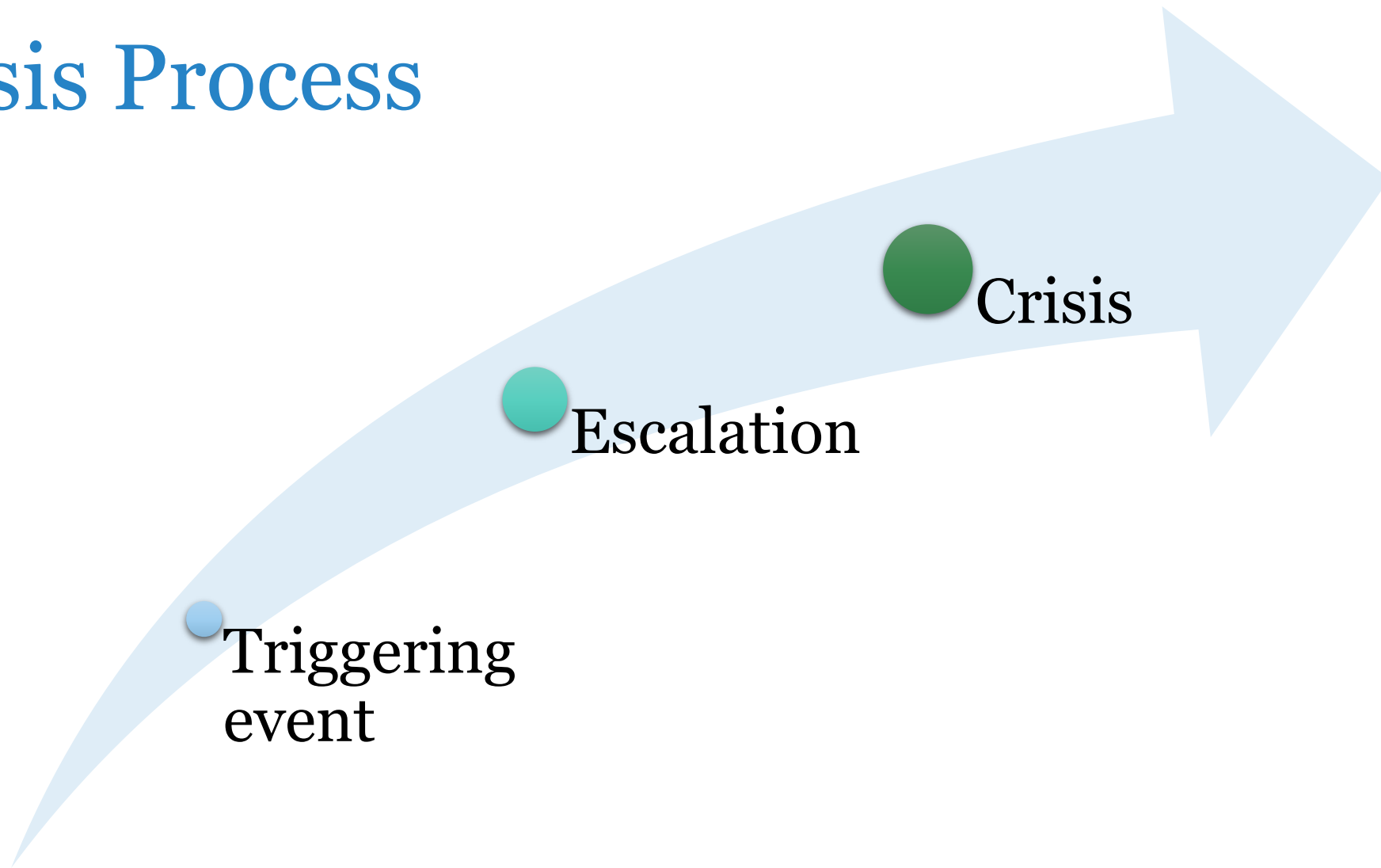
- When a person's actions, feelings, and behaviors can lead to self harm, inability care for self, or dysfunction.
- Individuals with mental illnesses are at greater risk of experiencing crisis

# Signs of Crisis





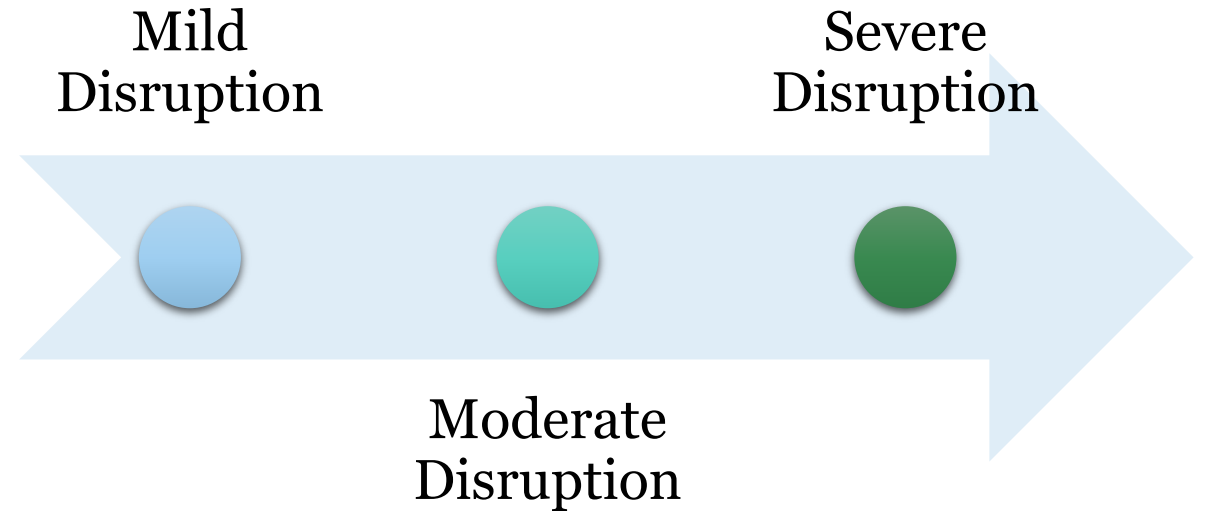
# Crisis Process



# Crisis Continuum

The impact of a crisis is dependent on:

- **Severity** of the event,
- Level of **resilience** (coping skills),
- **Prior history** of dealing with crises, and
- **Current state** of mental health





# Risk Factors

- Presence of concurrent illness, injury, substance abuse
- Poor nutrition, chronic pain, lack of sleep
- Presence of other stressful life events
- Negative attitude about ability to cope, Pessimistic outlook
- Lack of emotional awareness, social support

# Signs and Symptoms in Adults

## Physical

- Sleep disturbance, tension headaches
- Muscle pains, skin problems
- Eating and digestive disturbances
- Fatigue and sweaty palms
- Shortness of breath, chest pain
- Compromised immunity

## Psychological/Interpersonal

- Anxiety, nervousness, fear
- Irritability, aggression
- Hopelessness, Helplessness
- Increased conflict with others
- Isolation from social activities
- Job instability related to conflict
- Domestic or workplace violence

# Signs and Symptoms in Youth

## Children

- Regression: thumb-sucking, bed-wetting, fear of the dark and other specific fears
- Separation anxiety: clinging behaviors
- Self-destructive behavior
- Behavioral and academic problems

## Adolescents

- Decrease in academic performance
- Increased aggression & oppositional behaviors
- Increased risk-taking behaviors
- Substance abuse and alcohol use
- Moodiness and social withdrawal
- Use of denial as a coping mechanism

# MENTAL HEALTH DISORDERS

---

Signs and Symptoms of Crisis

# Mood Disorders

## Disorder Types

- Persistent depressive disorder
- Bipolar Disorder I or II
- Cyclothymia
- Ante or Postpartum depression

## Signs & Symptoms

- Sadness, hopelessness, guilt,
- Irritability, sleep and weight changes
- Loss of interest in activities
- Decreased energy, difficulty focusing
- Thoughts of death, suicide, or suicide attempts

# Mania



- Feel very “up,” “high,” or elated
- Talk really fast about a lot of different things
- Have trouble sleeping
- Have a lot of energy
- Be agitated, irritable, or “touchy”
- Feel like their thoughts are going very fast
- Feel “jumpy” or “wired”
- Do risky things, like spend a lot of money or have reckless sex



# Suicidal Thoughts/Behaviors

- Making a plan/researching plans
- Feeling trapped or feeling that there are no solutions
- Unbearable pain, being a burden; wanting to die
- Risky behaviors, Substance abuse
- Acting anxious or agitated
- Feeling empty, hopeless, no reason to live
- Changing eating and/or sleeping habits
- Displaying extreme mood swings
- Giving away important possessions
- Saying goodbye to friends and family;
- Putting affairs in order, making a will
- Withdrawing from family and friends

# Psychosis

- Trouble thinking clearly, concentrating
- Suspiciousness, paranoid ideas
- Socially withdrawn
- Decline in personal hygiene
- Difficulty telling reality from fantasy
- Confused speech or trouble communicating
- Strange feelings, or having no feelings at all



# Anxiety Disorders

## Disorder Types

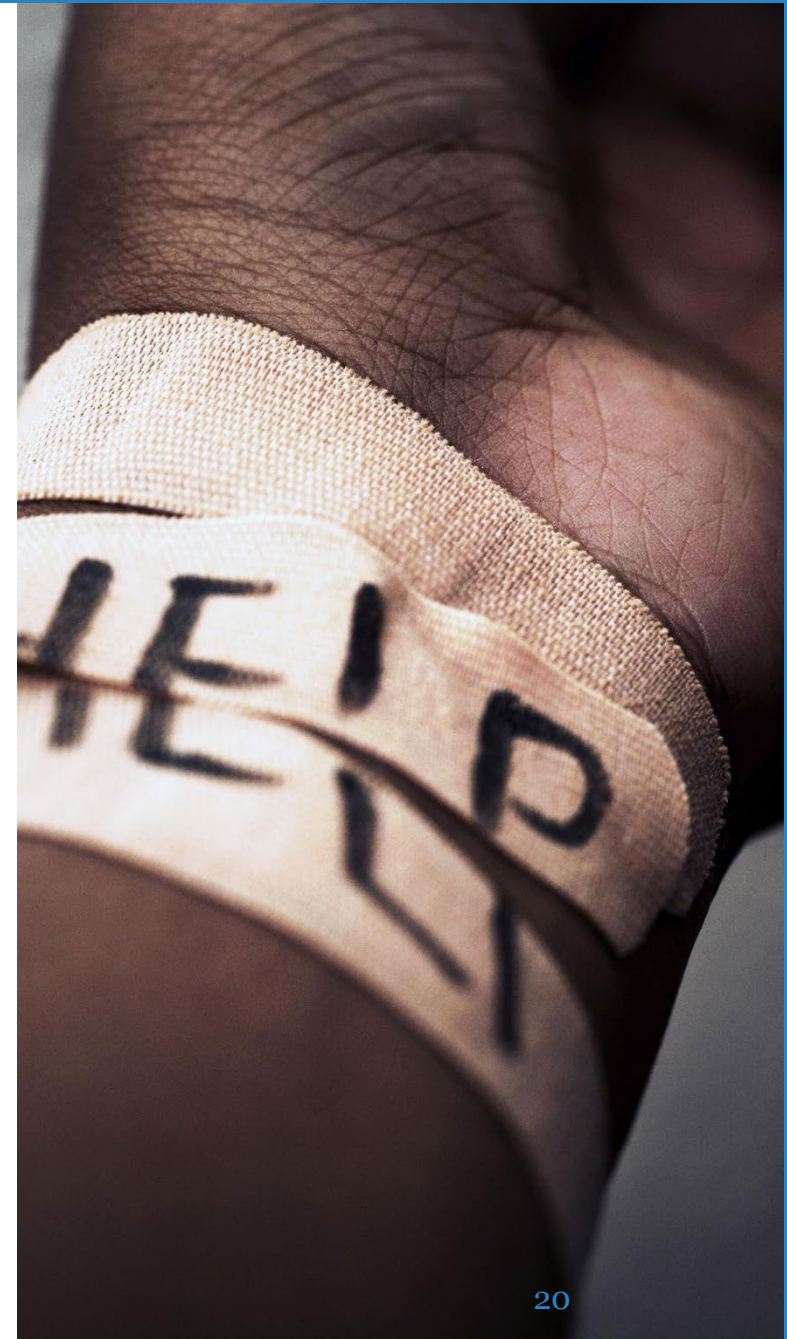
- Generalized Anxiety Disorder
- Obsessive Compulsive Disorder
- Panic Disorder
- Phobia-related Disorders
  - Specific Phobia
  - Social Anxiety
  - Separation Anxiety
  - Agoraphobia

## Signs & Symptoms

- Feeling restless or on-edge
- Easily fatigued or irritable
- Difficulty concentrating
- Physical symptoms i.e. headaches, stomach pains, muscle tension
- Difficulty controlling feelings of worry
- Sleep problems and panic attacks

# Non-suicidal Self-Injury

- Fresh cuts, scratches, bruises, bite marks or other wounds
- Excessive rubbing of an area to create a burn;
- Frequent reports of accidental injury
- Burning carving words or symbols on the skin
- Self-hitting, punching or head banging
- Reckless driving, binge drinking, substance abuse
- Promiscuity, unprotected sex



# Trauma-related Disorders

## Disorder Types

- Acute Stress Disorder
- Post Traumatic Stress Disorder
- Adjustment Disorders

## Signs & Symptoms

- Reduced emotional responsiveness,
- Distressing memories of the trauma
- Anxious, sad, irritability, hopelessness
- Re-experiencing the event, nightmares, flashbacks
- Memory problems and easily startled

# Eating Disorders

## Disorder Types

- Anorexia Nervosa
- Bulimia Nervosa
- Binge-eating

## Signs & Symptoms

- Distorted body image
- Extremely restricted eating or overeating
- Forced vomiting, use of laxatives or fasting, excessive exercise
- Depression, anxiety

# CRISIS SUPPORT

---

Caring for your loved one

# Professional Support



- Crisis Support Services i.e. respite, mobile crisis
- Medication Management
- Psychotherapy
- Inpatient Stabilization



# Speak up if you're worried

- “I have been feeling concerned about you lately.”
- “Recently, I have noticed some differences in you and wondered how you are doing.”
- “I wanted to check in with you because you haven't seemed yourself lately.”
- “You are not alone in this. I'm here for you.”
- “You may not believe it now, but the way you're feeling will change.”
- “I may not be able to understand exactly how you feel, but I care about you and want to help.”

# Respond quickly in a crisis

- Ask questions
- Listen without judgement
- Assess severity of crisis
- Be supportive and offer hope
- Get Professional Help
- Continue your support over the long haul
- Do you have a suicide plan? (PLAN)
- Do you have what you need to carry out your plan (pills, gun, etc.)? (MEANS)
- Do you know when you would do it? (TIME SET)
- Do you intend to take your own life? (INTENTION)



# Ways to Support

- Learning more about mental health and disorders
- Encouraging the person to get professional help
- Encourage positive lifestyle changes
- Being understanding, offer hope
- Showing patience

# Let's Practice

- Jeff was a labor relations specialist and just shy of his 50th birthday. He'd held progressively responsible positions in the public service and had been in his current role for three years.
- Jeff began to feel less enthusiastic about coming to work every day. At work, he was less inclined over time to touch base with co-workers or join them for lunch or after-work activities. In the past, he'd always taken care of his health and appearance but now felt less reason to bother.
- After work, he was so tired that dinner was often fast food consumed while watching TV. Jeff repeatedly turned down invitations from friends to socialize: enjoyable activities like watching sports, playing golf or a dinner out at the pub no longer had any appeal.
- During a phone conversation with a friend he shrugged off his lack of enthusiasm as “some sort of a mid-life crisis”.

## Activity: Crisis Case Scenarios

Review the case scenario and answer in the chat:

What tells you this is a crisis?

What is the severity of this crisis?

How can you provide support?

# Helpful Resources

- Georgia Crisis & Access Line: (800) 715-4225 [www.mygcal.com](http://www.mygcal.com)
- Crisis Text Line: Text “HOME” to 741741
- National Suicide and Crisis Lifeline: Call 988
- United Way 211: Call 211
- National Alliance on Mental Illness- GA: (770) 408-0625 [www.namiga.org](http://www.namiga.org)
- GA Council on Substance Abuse: (844) 326-5400 [www.gasubstanceabuse.org](http://www.gasubstanceabuse.org)
- Georgia Mental Health Consumer Network: (800) 297-6146 [www.gmhcn.org](http://www.gmhcn.org)
- MHA of Georgia: [www.mhageorgia.org](http://www.mhageorgia.org) take a free mental health screening



**Please remember to fill out our survey after the training!**  
**[WWW.MHAGEORGIA.ORG](http://WWW.MHAGEORGIA.ORG)**



**MHAOFGEORGIA**



**MHAOFGA**



**MHAOFGEORGIA  
MHAGADVOCACY**

---