

## **When In Crisis: Action Plan**

### **Stay Calm**

#### **Listen. Do Not Preach.**

Safe spaces allow for candid conversation without judgement. Here, others can talk about their emotions and thoughts freely. Creating this type of environment will encourage people to share openly which could lead to receiving much needed help. Being a good active listener allows the person seeking help, know that you care, you are listening, and you are trying to understand their unique situation.

#### **Assess the situation.**

- What is the risk? Previous attempts? Mental Illness?
- Do they have... Problem solving skills? Impulse control?
- Ask about any self-harm plans, “Do you feel life is worth living?”

**If “No”, go to the ER. If unsure, call the hotline. If “Yes”, call a mental health professional.**

## **Fighting the Stigma Against Suicide**

### **What is a stigma?**

**Stigma is the sense of fear, shame, or negative perception about mental health issues, symptoms, or treatment. When avoiding difficult subjects like suicide, it makes it harder for those who are struggling to get help.**

- Be open and non-judgmental in conversations about mental health conditions such as depression or anxiety.
- When talking about suicide or suicidal be direct – ask “are you thinking about suicide” versus “are you thinking about hurting yourself.”
- Become mental health aware – educate yourself about how common mental health conditions are in the United States and familiarize yourself with the resources that are available to help those who need help coping with mental health symptoms such as anxiety or depression.
- Know that there are effective treatments for mental conditions and that with help, people recover. Take time to familiarize yourself with resources, such as the Employee Assistance Program, that can help those in need.