



Who is Suicidal or in Crisis to De-escalate

While many people feel depressed, it does not mean they are in crisis or suicidal.

Suicide attempts usually happen during crisis periods. A crisis is usually short term in nature, often lasting hours to days, and in some cases weeks. It does not go on forever. During this time, the person's normal problem-solving strategies are not sufficient to bring the individual to his or her usual steady state. In short, the person is at risk of doing impulsive acts while in crisis, perhaps a suicide attempt or perhaps other risk-taking or health-harming behaviors.



When someone is in crisis, our goals tend to be short-term in nature.

We Try To:



- Bring the person back to the pre-crisis state.
- Keep the person supervised and safe until the crisis feelings pass.
- Remove potential methods of harm from the person's surroundings.
- Help the person feel more control over their problems or life circumstances.
- Help the person create a safety plan, including identifying mental health or other services needed.

And if the situation is out of control or very high risk, call 911 and have the person taken to a psychiatric emergency service.

Important Disclaimer: This information is meant for educational purposes only and should not be considered medical advice. It is meant to support, not replace, the advice of a licensed health care or mental health care professional. It should not be used to make a diagnosis or replace or overrule a qualified health care provider's judgment.





IF **YOU** OR SOMEONE YOU KNOW
IS IN CRISIS, CALL OUR **24HR HOTLINE**



(415) 781-0500

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