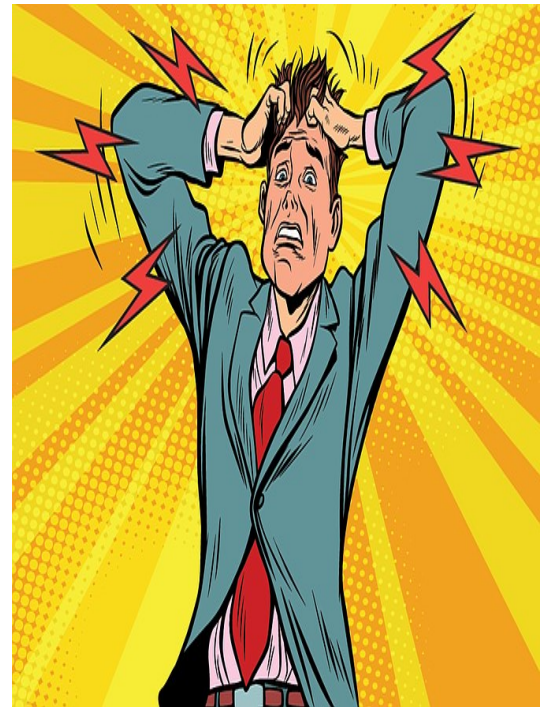


## Some Signs of A Crisis...



# CRISIS

## Intervention



- **Attempts or threats to harm or kill**
- **Delusions or hallucinations**
- **Extreme withdrawal**
- **Not sleeping or eating, sometimes for days**
- **Verbal or physical abuse**
- **Acting in violent ways, such as punching a hole in the wall or getting into fights**
- **Doing risky activities without thinking**
- **Getting affairs in order or writing a will**
- **Giving away prized possessions**
- **Having mood swings**
- **Increasing misuse of alcohol or drugs**
- **Losing interest in hobbies, work, or school**
- **Neglecting personal hygiene**
- **Not being able to sleep**

- **Feeling:**

- ◇ **Anxious or agitated**
- ◇ **Hopeless, or like there's no reason to live**
- ◇ **Lots of guilt, shame, or failure**
- ◇ **Rage or anger**
- ◇ **Sad or depressed most of the time**

