

Preventing & De-escalating Mental Health Crises

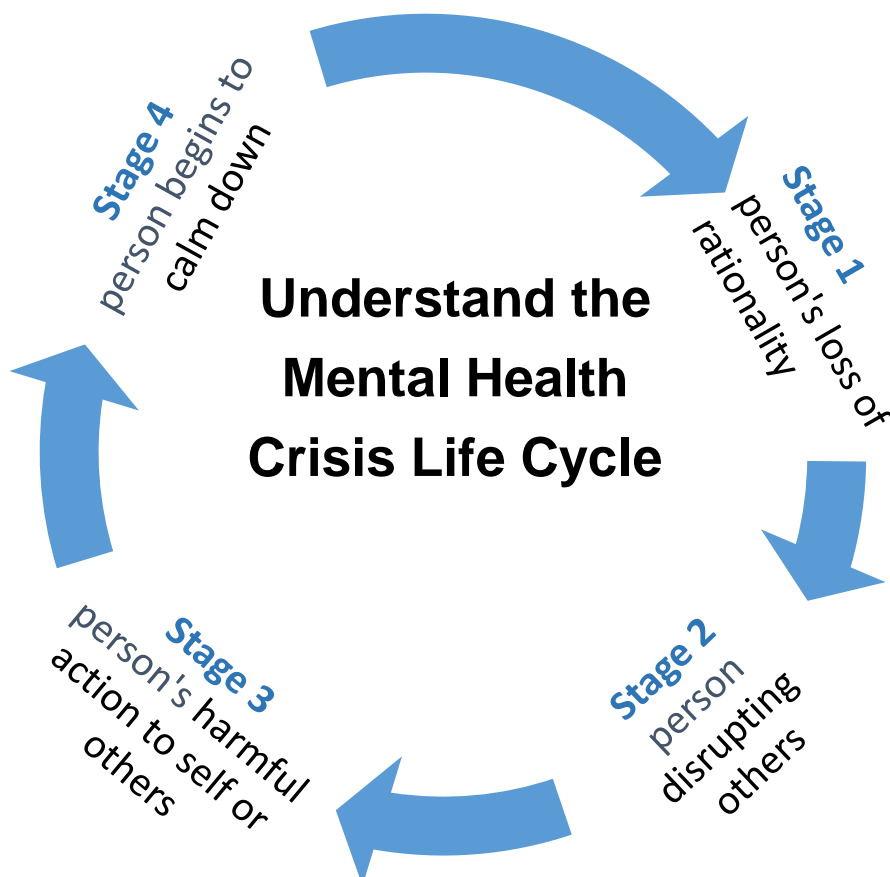


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Your response determines the outcome in every mental health crisis

What are some crisis prevention tips?

1. Determine the level of stimulation and uncertainty a person can handle.
2. **Understand early warning symptoms** like verbal and physical aggression such as swearing, hitting, or yelling pacing or rocking.
3. **Avoid power struggles** – delay a treatment or care if a person resists.
4. **Develop a personal prevention plan** to help a person identify triggers.
5. **Back away and ask for help** when someone's tone, volume and cadence increases.



Don't miss opportunities to intervene sooner in Stages 1 and 2 to prevent a crisis.