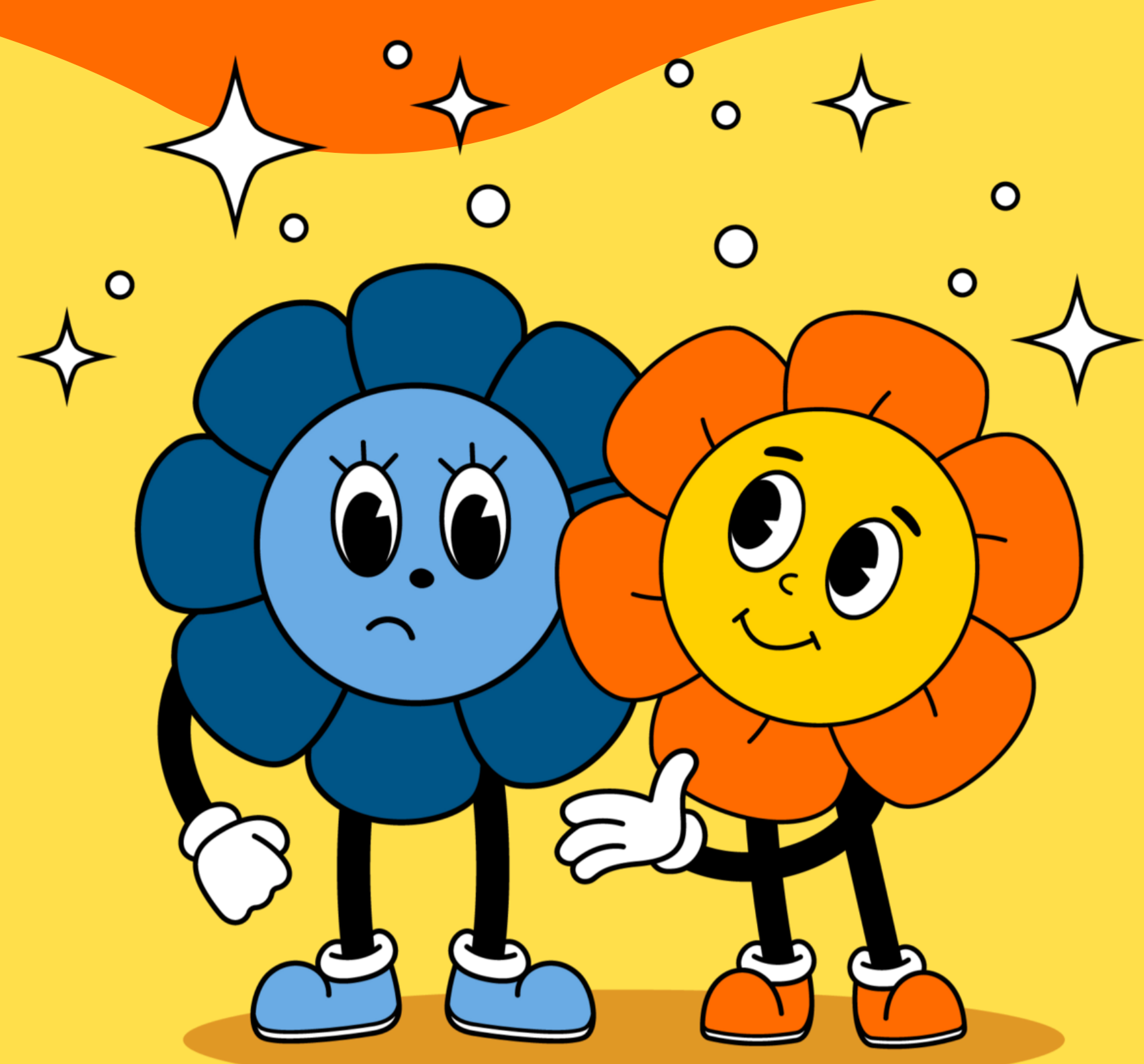
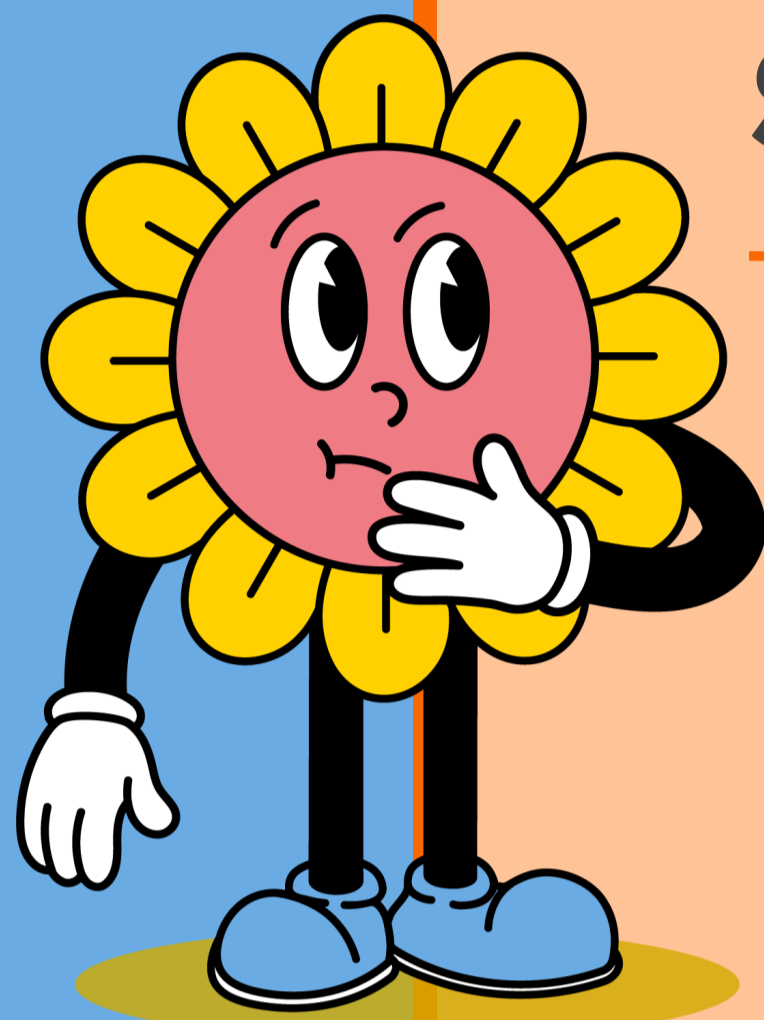


# How to Navigate a Youth Mental Health Crisis



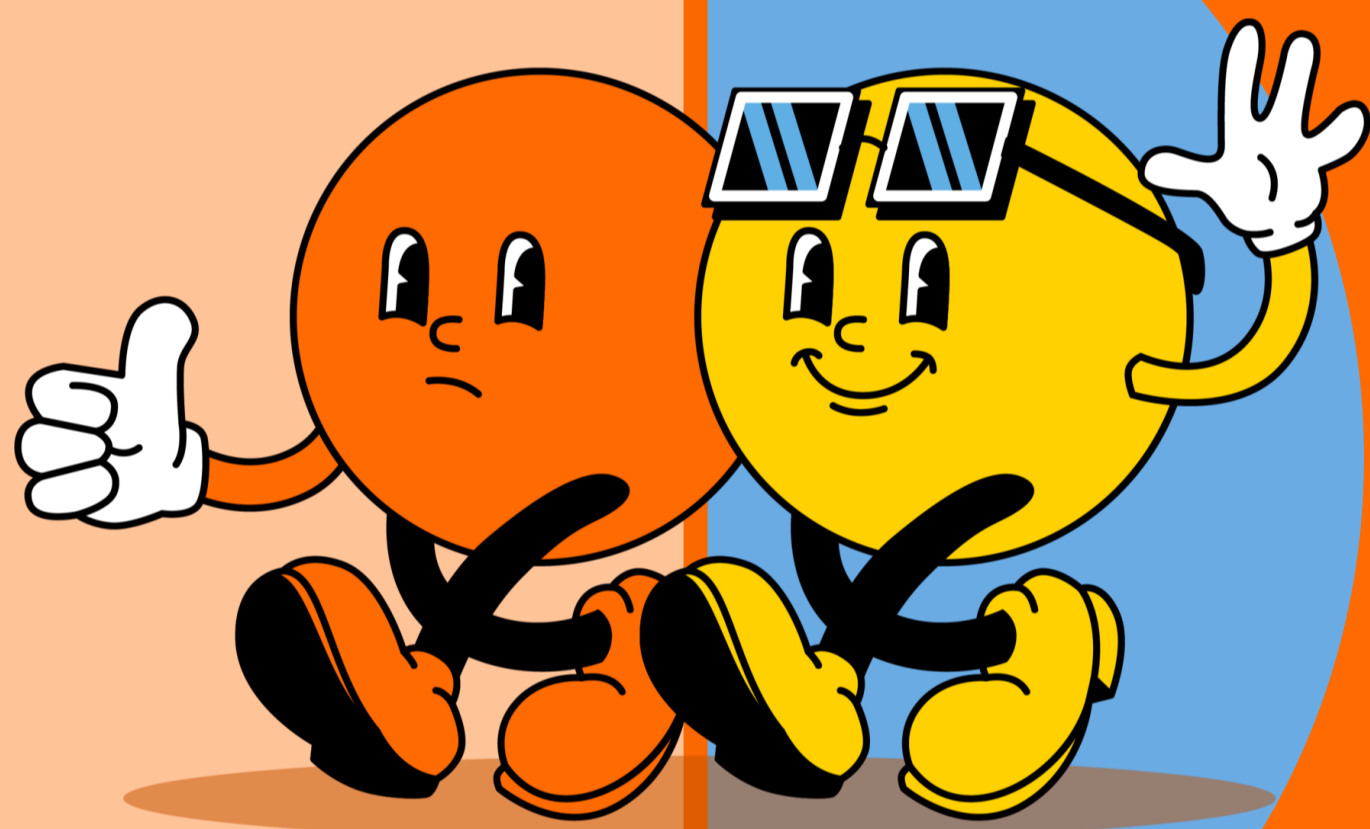
## Warning Signs:



Pain isn't always obvious, but if you notice even one of these warning signs, trust your instincts and reach out, especially if the behavior is new, has increased or seems related to a painful event, loss, or change.

- Talking about or making plans for suicide
- Showing severe/overwhelming emotional pain or distress
- Expressing hopelessness about the future
- Showing worrisome behavioral cues or changes in behavior, such as:
  - Withdrawal from or changes in social connections
  - Changes in sleep
  - Anger or hostility that seems out of character or context
  - Recent increased agitation or irritability

## Tips on How to Start a Conversation



Show that you care, and mention the behaviors that are worrying you.



Listen, validate, and reassure that they are never a bother to you.



Be direct: "Are you thinking about suicide?"

## ASK THEM

"I've noticed you haven't been yourself lately. Are you thinking about suicide?"

## If yes?

If in immediate danger, call 911

- Remain calm and non-judgmental; listen.
- Reassure them that there is help; they will not feel like this forever.
- Provide constant supervision; do not leave the youth unattended.
- Urge seeking help; accompany youth to help if appropriate.
- Call or text to reach the National Suicide Prevention Lifeline (988).
- Remove potential means, such as weapons and medications, from youth access.

SACRAMENTO COUNTY



**PUBLIC HEALTH**

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# Never a Bother

- Call the Mental Health Care Access Team to request an over the phone assessment and linkage to an appropriate mental health service provider.
  - 24/7 for mental health crisis.
  - M-F 8am to 5pm for non-crisis.
  - (916) 875-1055
- Call or text 988 to reach the Suicide & Crisis Lifeline (24/7) if you are concerned for yourself or someone in your care.
- Learn how to support a youth in your care before, during, and after a suicidal crisis and find additional resources at [www.neverabother.org](http://www.neverabother.org)