



Mental Health Crisis

Common Signs

- Rapid mood swings
- Extreme energy or lack of it, sleeping all the time, or being unable to sleep
- Severe agitation
- Talking very rapidly or non-stop
- Confused thinking or irrational thoughts
- Thinking everyone is out to get them or seeming to lose touch with reality
- Experiencing hallucinations or delusions
- Making threats to others or themselves
- Isolating themselves from friends and family, not coming out of their room
- Not eating or eating all the time, rapid weight loss or gain
- Suicidal thoughts and statements such as “I want to die” or even possible vague statements such as “I don’t want to be here anymore”

What you can do

- Call 911 and ask for a Crisis Intervention Team (C.I.T.)
- Call the Tennessee Crisis Hotline at 855-CRISIS-1 (855-274-7471)
- Or, go to a Crisis Stabilization Unit (C.S.U.)



<http://www.acmh-mi.org/get-information/childrens-mental-health-101/expect-child-crisis/mental-health-crisis-expect-one-occurs/>