

# Am I In Crisis?

**\*CRISIS: EMERGENCY SITUATION IN WHICH THERE IS AN IMMEDIATE SAFETY CONCERN\***

<b>“CRISIS”</b>	<b>“HIGH DISTRESS”</b>
<p><b><u>Definition:</u></b></p> <ol style="list-style-type: none"> <li>1) Wanting to die</li> <li>2) Wanting to harm self or others</li> <li>3) Being recently physically or sexually assaulted, or experiencing another recent traumatic event</li> </ol> <p><b><u>Steps to Take:</u></b></p> <p><i>If it’s Monday-Friday, 8am-4pm:</i></p> <ol style="list-style-type: none"> <li>1) Come to the Counseling Center</li> <li>2) Tell the front desk you are having a “mental health crisis”</li> <li>3) Fill out crisis form when asked</li> <li>4) Fill out paperwork on computer if you are asked to</li> <li>5) If you were told that you will be seen by a counselor as soon as possible, sit in the waiting room until a counselor is ready to meet with you</li> </ol> <p><i>If it’s any other time (e.g. evenings, weekends, holidays):</i></p> <ol style="list-style-type: none"> <li>1) Call Public Safety or 988</li> <li>2) Tell them you are having a “mental health crisis”</li> <li>3) Follow their instructions</li> </ol> <p><b><u>Waiting Strategies:</u></b></p> <ol style="list-style-type: none"> <li>1) Use mindful coloring books in the Counseling Center waiting room</li> <li>2) Read a book or magazine</li> <li>3) Play a game on your phone</li> <li>4) Listen to music</li> <li>5) Take deep breaths</li> <li>6) Use a relaxation or coping skills app if you have one</li> </ol>	<p><b><u>Definition:</u></b></p> <ol style="list-style-type: none"> <li>1) High stress or anxiety</li> <li>2) Feeling overwhelmed</li> <li>3) Feeling sad or crying</li> <li>4) Experiencing an unexpected change</li> <li>5) Relationship problem</li> <li>6) Academic problem</li> </ol> <p><b><u>Steps to Take:</u></b></p> <p><i>If you have a therapist:</i></p> <ol style="list-style-type: none"> <li>1) Contact your therapist</li> <li>2) Wait for your therapist to respond</li> </ol> <p><i>If you don’t have a therapist:</i></p> <ol style="list-style-type: none"> <li>1) Come to the Counseling Center</li> <li>2) Ask the front desk for a triage appointment for today or the next business day</li> <li>3) If the Counseling Center is closed, wait until the next business day</li> </ol> <p><b><u>Waiting Strategies:</u></b></p> <ol style="list-style-type: none"> <li>1) Take a walk</li> <li>2) Call or text a family member or friend</li> <li>3) Call 988 or text the word START to 741-741 for 24/7 professional support</li> <li>4) Use resources on campus (e.g. D-CAP, OSSD, academic advisor, LARC)</li> <li>5) Take deep breaths</li> <li>6) Use relaxation or coping skills app if you have one</li> <li>7) Do something you enjoy</li> <li>8) Listen to music</li> <li>9) Watch a TV show or video you like</li> </ol>