HANDLING A MENTAL HEALTH CRISIS

A mental health crisis can prevent someone from caring for themselves because of trauma or other challenges. Crisis can be obvious or subtle, it can be shared and can be present for a long time. A mental health crisis can be similar to leaky water pipes. Below are some tips for how to handle a mental health crisis with your child or teen.

WHEN YOU NOTICE THE LEAK
- Stop. Take a breath. Notice your own feelings
- Take time to think – your responses matter
- Connect. Focus on the child and show interest and support
- Stay positive and open. Let them talk about or show their feelings
- Respect their experiences, address their concerns
- Ask if they are thinking about suicide
- Reach out for support, including friends, family, or teachers

IF THE PIPES BURST
- Stay calm – your child needs you
- Reassure safety and that you are here to help
- Use clear, short sentences to avoid confusion
- Offer safe options so your child feels more in control
- Remove things they could use to hurt themselves
- Contact your county’s crisis line. If you call 911, ask for a mental health crisis worker

HOW TO REPAIR THE PIPES AFTER
- Provide reassurance, support, and encouragement
- Identify services and supports (friends, teachers) that might help your family
- Check in regularly how each family member is doing
- Use and create routines and structure at home
- Assist family members to find and practice activities that relieve stress
- Complete a Mental Health Crisis Card for each family member

Wisconsin HopeLine
Text “HOPELINE” to 741-741

Suicide & Crisis Lifeline
Call, chat, or text 988

Wisconsin Office of Children’s Mental Health
children.wi.gov
ADDITIONAL MENTAL HEALTH CRISIS RESOURCES

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<thead>
<tr>
<th>Resource</th>
<th>Description</th>
<th>Contact Information</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Teen Line</td>
<td>teens helping teens</td>
<td>(800) 852-8336 8 PM - Midnight, Text TEEN to 839-863 8 PM - 11 PM</td>
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<tr>
<td>National Youth Crisis Hotline</td>
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<td>(800) 442-4673</td>
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<td>BlackLine</td>
<td>for Black, Indigenous, and People of Color</td>
<td>Call or Text (800) 604-5841</td>
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<td>Trevor Project LGBT Lifeline</td>
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<td>(866) 488-7386, Text START to 678-678</td>
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<td>The Parenting Network Helpline</td>
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<td>(414) 671-0566, Monday - Thursday: 8:30 AM - 5:30 PM, Friday: 8:30 AM - 3:00 PM</td>
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<tr>
<td>2-1-1 Wisconsin Mental Health Guided Search</td>
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<td><a href="https://211wisconsin.communityos.org/mentalhealthguidedsearch">https://211wisconsin.communityos.org/mentalhealthguidedsearch</a></td>
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Read NAMI’s guide to Navigating a Mental Health Crisis

Find your local crisis phone number at the Prevent Suicide Wisconsin website

FIND SOMEONE WHO YOU FEEL COMFORTABLE WITH