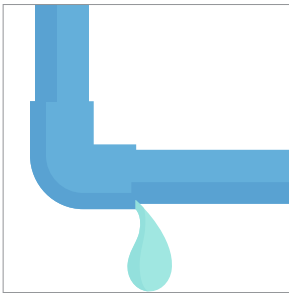


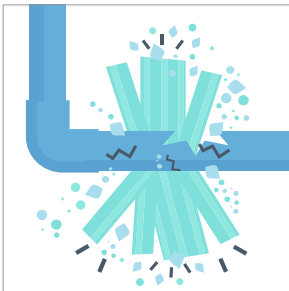
# HANDLING A MENTAL HEALTH CRISIS

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.



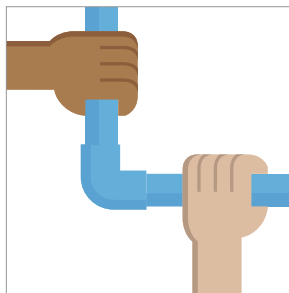
## WHEN YOU NOTICE THE LEAK

- ▶ 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



children.wi.gov

# ADDITIONAL MENTAL HEALTH CRISIS RESOURCES

▶ FIND SOMEONE WHO YOU  
FEEL COMFORTABLE WITH

Read NAMI's guide to  
Navigating a Mental  
Health Crisis



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



## **Teen Line** — teens helping teens

- ▶ (800) 852-8336  
8 PM - Midnight
- ▶ Text TEEN to 839-863  
8 PM - 11 PM

## **National Youth Crisis Hotline**

- ▶ (800) 442-4673

## **BlackLine** — for Black, Indigenous, and People of Color

- ▶ Call or Text (800) 604-5841

## **Trevor Project LGBT Lifeline**

- ▶ (866) 488-7386
- ▶ Text START to 678-678

## **The Parenting Network Helpline**

- ▶ (414) 671-0566  
Monday - Thursday: 8:30 AM - 5:30 PM  
Friday: 8:30 AM - 3:00 PM

## **2-1-1 Wisconsin Mental Health Guided Search**

- ▶ <https://211wisconsin.communityos.org/mentalhealthguidedsearch>

## **Well Badger Resource Center Children's Mental & Behavioral Health Resource Navigator**

- ▶ <https://www.wellbadger.org/s/cmh-resource-navigator>



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