

Am I In Crisis?

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

“CRISIS”	“HIGH DISTRESS”
<p><u>Definition:</u></p> <ol style="list-style-type: none"> 1) Wanting to die 2) Wanting to harm self or others 3) Being recently physically or sexually assaulted, or experiencing another recent traumatic event <p><u>Steps to Take:</u></p> <p><i>If it’s Monday-Friday, 8am-4pm:</i></p> <ol style="list-style-type: none"> 1) Walk to the Counseling Center 2) Tell the front desk you are having a “mental health crisis” 3) Fill out crisis form when asked 4) Fill out paperwork on computer if you are asked to 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 <p><i>If it’s any other time (e.g. evenings, weekends, holidays):</i></p> <ol style="list-style-type: none"> 1) Call Public Safety 2) Tell them you are having a “mental health crisis” 3) Follow their instructions <p><u>Waiting Strategies:</u></p> <ol style="list-style-type: none"> 1) Use mindful coloring books in the Counseling Center waiting room 2) Read a book or magazine 3) Play a game on your phone 4) Listen to music 5) Take deep breaths 6) Use a relaxation or coping skills app if you have one 	<p><u>Definition:</u></p> <ol style="list-style-type: none"> 1) High stress or anxiety 2) Feeling overwhelmed 3) Feeling sad or crying 4) Experiencing an unexpected change 5) Relationship problem 6) Academic problem <p><u>Steps to Take:</u></p> <p><i>If you have a therapist:</i></p> <ol style="list-style-type: none"> 1) Contact your therapist 2) Wait for your therapist to respond <p><i>If you don’t have a therapist:</i></p> <ol style="list-style-type: none"> 1) Walk to the Counseling Center 2) Ask the front desk for a walk-in appointment for today or the next business day 3) If the Counseling Center is closed, wait until the next business day <p><u>Waiting Strategies:</u></p> <ol style="list-style-type: none"> 1) Take a walk 2) Call or text a family member or friend 3) Call 610-918-2100 or text the word START to 741-741 for 24/7 professional support 4) Use resources on campus (e.g. D-CAP, OSSD, academic advisor, LARC) 5) Take deep breaths 6) Use relaxation or coping skills app if you have one 7) Do something you enjoy 8) Listen to music 9) Watch a TV show or video you like