

How to Support Someone in a Mental Health Crisis The Do's of Supporting Someone in a Mental Health Crisis

- Have a plan from the beginning.
- Call 911 and contact local crisis resources.
- Request an officer trained in crisis intervention.
- Step back when you need to but be sure to use **TACT**.
- Use the ALGEE action plan.
- Be warm, empathetic and genuine.
- Go the extra mile.



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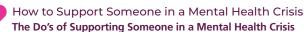
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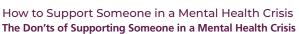
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- Blame or shame.
- Personalize their behavior.
- Wait until your resentment builds up.
- Ghost, ignore or avoid them.





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