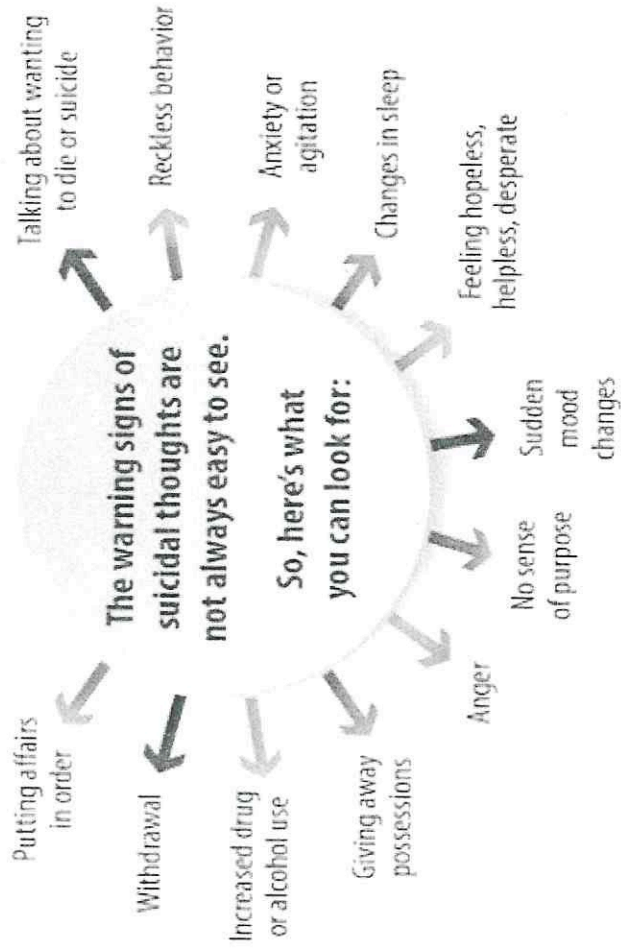


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You can't always see pain.



You can help save a life by recognizing the signs and starting the conversation.
Suicide is preventable.

NAVIGATING

a mental health

CRISIS



WHAT TO DO in a mental health crisis

IF YOU ARE WORRIED that you or your loved one is in crisis or nearing a crisis, seek help. Make sure to assess the immediacy of the situation to help determine where to start or who to call.

- **Is the person in danger** of hurting themselves, others or property?
- **Do you have time** to start with a phone call for guidance and support from a mental health professional?
- **Do you need emergency assistance?**



If the situation is life-threatening or if serious property damage is occurring, don't hesitate to call 911 and ask for immediate assistance.

TECHNIQUES that May Help De-escalate a Crisis:

- ✓ Keep your voice calm
- ✓ Avoid overreacting
- ✓ Listen to the person
- ✓ Express support and concern
- ✓ Avoid continuous eye contact
- ✓ Ask how you can help
- ✓ Keep stimulation level low
- ✓ Move slowly
- ✓ Offer options instead of trying to take control
- ✓ Avoid touching the person unless you ask permission
- ✓ Be patient
- ✓ Gently announce actions before initiating them
- ✓ Give them space, don't make them feel trapped
- ✗ Don't make judgmental comments
- ✗ Don't argue or try to reason with the person

When Calling 911 for a Mental Health Emergency

Remember to:

- ✓ Remain calm
- ✓ Explain that your loved one is having a mental health crisis and is not a criminal
- ✓ Ask for a Crisis Intervention Team (CIT) officer, if available

They will ask:

- ✓ Your name
- ✓ The person's name, age, description
- ✓ The person's current location
- ✓ Whether the person has access to a weapon

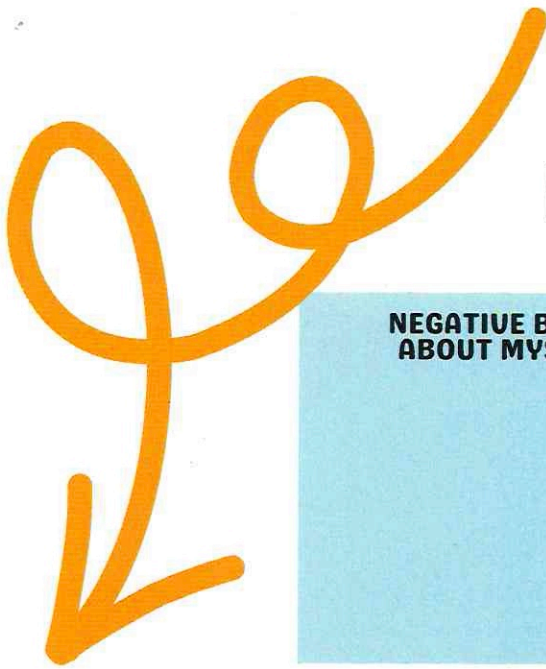
Information you may need to communicate:

- ✓ Mental health history, diagnosis(es)
- ✓ Medications, current/discontinued
- ✓ Suicide attempts, current threats
- ✓ Prior violence, current threats
- ✓ Drug use
- ✓ Contributing factors (i.e. current stressors)
- ✓ What has helped in the past
- ✓ Any delusions, hallucinations, loss of touch with reality

If you don't feel safe at any time, leave the location immediately.



MIND BATTLE

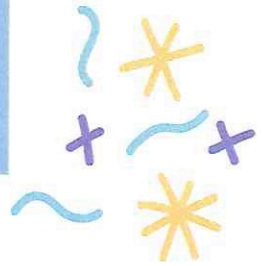


NEGATIVE BELIEF ABOUT MYSELF:	➤➤➤	EVIDENCE AGAINST THIS BELIEF:
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NEGATIVE BELIEF ABOUT MYSELF:	➤➤➤	EVIDENCE AGAINST THIS BELIEF:
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NEGATIVE BELIEF ABOUT MYSELF:	➤➤➤	EVIDENCE AGAINST THIS BELIEF:
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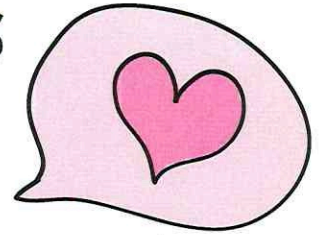


SELF-ESTEEM JOURNAL

From: / / to: / /

	TODAY I HAD FUN WHEN...	I FELT GOOD ABOUT MYSELF WHEN...	TODAY I ACCOMPLISHED:	A POSITIVE EXPERIENCE WAS...
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

SELF-LOVE QUESTIONS



THINGS THAT I DO WELL:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

PEOPLE ADMIRE THAT I AM...

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

THINGS THAT I LIKE ABOUT MY BODY:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

I HAVE MADE A POSITIVE IMPACT WHEN I...

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

CHALLENGES I HAVE OVERCOME:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

THINGS THAT MAKE ME SPECIAL:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

THINGS THAT I LOVE ABOUT ME:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

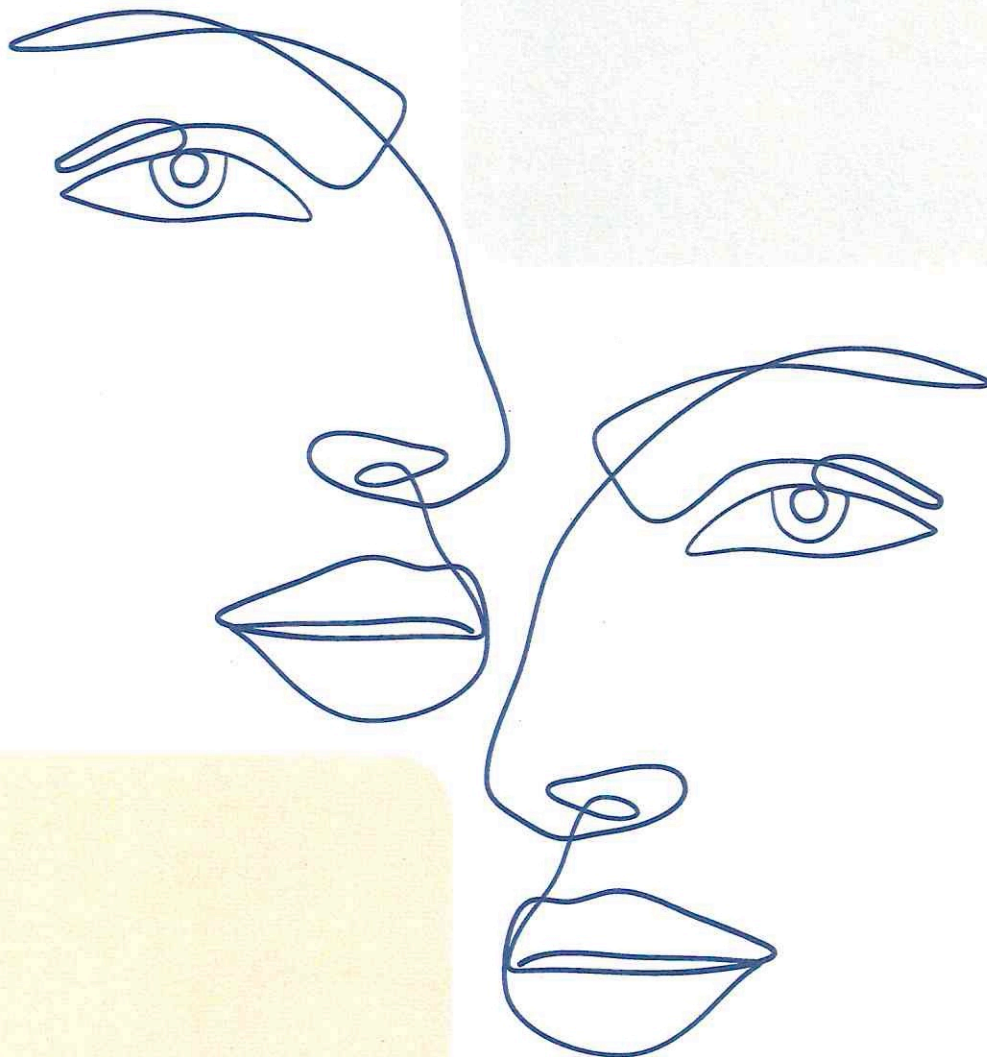
THINGS THAT ARE IMPORTANT TO ME:

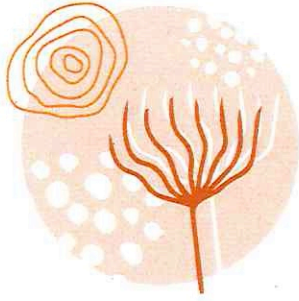
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

LOVE
yourself

LOVING MYSELF

In the top box, write down physical things you like about yourself. In the bottom box, write down non-physical things that you like about yourself. Think about ways you can be more authentic and embrace all of you.





MY COMMUNITY



Who are the closest people to me?

How can I surround myself with encouraging people?

I feel like I don't belong when:

What makes me feel like I belong?

I feel loved when...

I feel most supported when...





VISION BOARD



PERSONAL

HEALTH

FAMILY

RELATIONSHIPS

CAREER

LIFESTYLE

CONFIDENCE TIPS



Focus on your life
at the moment

Don't compare
yourself to others

Be aware of
your emotions

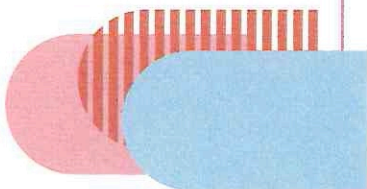
Say daily
affirmations

Write down your
thoughts in a journal

Remind yourself that
you deserve love

Stop judging
yourself too harshly

Appreciate your
special qualities



Try hard not to be a
pessimist. Don't let past
experiences distort your
view of the future.



What makes you feel confident?



Body Positive

AFFIRMATIONS

**I am thankful
for my body.**

**My body
deserves to
feel loved by
me.**

**I am more
than my
appearance.**

**My weight
does not
define me.**

**My confidence
comes from the
inside and is not
based on what I
look like on the
outside.**

**I respect my
body and all
that it does.**

**My body is
allowed to
change.**

**My body is
unique so I
should not
compare it to
other bodies.**

**My body is
absolutely
amazing.**