

Know the signs of a crisis.



Mental health and substance use disorder awareness.

1 It's important to know the warning signs.

Spotting a crisis

According to the National Alliance on Mental Illness, common warning signs can include:

Mental health

- An inability to handle basic daily tasks like personal care
- Rapid mood swings that seem to come out of nowhere
- Harming self or others
- Extreme isolating behavior
- Paranoia

Substance use disorder

- Withdrawal from friends and family
- Sudden changes in behavior
- Engaging in risky behaviors
- Developing a high tolerance and withdrawal symptoms
- Feeling like you need a drug to be able to function

How to help

- **Have the conversation.** Speak in a supportive, non-judgmental way and try to assess how serious the situation might be. It's a myth that talking about mental health can trigger people who are struggling to get worse.
- **Encourage them to seek help from a licensed behavioral health provider.** Find a provider (such as a psychologist, psychiatrist, clinical social worker or mental health counselor) by using the *Find a Doctor* search tool on bcbsm.com.
- **Seek help if there's a threat of harm.**
 - If there is an immediate crisis, call the Suicide and Crisis Lifeline at **988** or **1-800-273-8255**.
 - Stay with the person until you can get outside advice or assistance.

2 If a person is considering suicide or is talking about harming others, it's important to take quick action.

Some warning signs of suicide

Following are some additional warning signs to be aware of:

- Giving away possessions
- Saying goodbyes with a sense of finality
- Stockpiling drugs or securing a weapon
- Obsession with death
- Dramatic changes in mood or behavior
- Increasing alcohol or drug use
- A sense of hopelessness
- Withdrawing from people and activities

Get more tips and learn more at bcbsm.com/mentalhealth.



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