# 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

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

# 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.



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