

How to Help Someone in Crisis

Sometimes people go through emotional or mental health crises and may not know how to ask for help. A crisis can happen to anyone. Knowing how to respond calmly and supportively can make a big difference.

Signs Someone May Be in Crisis

A person may be struggling if they are:

- Talking about feeling hopeless or trapped
- Saying they feel like a burden to others
- Withdrawing from friends, family, or activities
- Experiencing extreme mood changes
- Acting anxious, angry, or reckless
- Using drugs or alcohol more often
- Giving away important belongings
- Talking about death or wanting to disappear
- Having trouble eating or sleeping
- Struggling to manage daily responsibilities

Not everyone shows the same warning signs. Trust your instincts if something feels wrong.

How You Can Help

You do not need to have all the answers to support someone in crisis.

Helpful things you can do include:

- Stay calm and listen without judgment
- Give the person your full attention
- Let them know they are not alone
- Ask direct but caring questions like:
 - “Are you thinking about hurting yourself?”
 - “How can I support you right now?”

Wyandot Behavioral Health Network

Website: <https://www.wyandotbhn.org/> | Phone: 913-328-4600

In Crisis? Call or text 988 (Suicide & Crisis Lifeline) or call 913-788-4200

- Encourage them to talk to a mental health professional
- Help them contact a trusted support person
- Stay with them if they are in immediate danger
- Offer hope and remind them that help is available

Sometimes simply being present and listening can help someone feel safer and supported.

What Not to Do

Try to avoid:

- Arguing or minimizing their feelings
- Saying things like “just calm down” or “others have it worse”
- Judging or blaming them
- Promising to keep suicidal thoughts a secret
- Leaving them alone if they may hurt themselves

When to Get Immediate Help

Seek emergency help if someone:

- Talks about suicide or self-harm
- Has a plan or access to weapons or medications
- Is acting dangerously or unable to stay safe
- Is threatening harm to others

If there is immediate danger:

- Call or text 988 for the Suicide & Crisis Lifeline
- Call 911
- Go to the nearest emergency room

Remember

You are not expected to handle a crisis alone. Supporting someone and connecting them to professional help can make a life-changing difference.

Wyandot Behavioral Health Network

Website: <https://www.wyandotbhn.org/> | Phone: 913-328-4600

In Crisis? Call or text 988 (Suicide & Crisis Lifeline) or call 913-788-4200