

Support a Child or Teen in Crisis

Recognizing that your child may be in a mental health crisis can feel overwhelming. You may not be sure what a crisis is compared to a difficult day. It is normal to feel scared or unsure of what to do. Trust your instincts. You know your child best, and your support plays an important role in keeping them safe.

What Is a Mental Health Crisis

A mental health crisis is when a child or teen may be at risk of harming themselves or others, or when their emotions and behavior feel intense and out of control.

Warning signs may include:

- Talking about wanting to die or not wanting to be here
- Threatening to harm themselves or others
- Self-injury, such as cutting or burning
- Extreme mood changes, anger, or aggression
- Seeing or hearing things that are not there
- Withdrawing from friends and family

If There is Immediate Danger

If you believe your child is in immediate danger:

- Call 988 for the Suicide and Crisis Lifeline
- Call 911 or go to the nearest emergency room
- Do not leave your child alone

Taking action quickly can help keep everyone safe.

If There is No Immediate Danger

Even if the situation is not an emergency, it should be taken seriously and addressed as soon as possible.

- Stay present and keep communication open
- Avoid minimizing or dismissing their feelings
- Let them know they are not alone
- Focus on safety first, then next steps
- Continue checking in after the immediate moment has passed

When to Seek Support

A crisis can be a sign that additional support is needed. Connecting with mental health services can help your child feel safer and more supported over time.

Wyandot BHN offers therapy, psychiatry, and crisis services for children and families. Support is available, and reaching out can be an important step.

If your child is in immediate distress, call **988** for the Suicide and Crisis Lifeline.