



**Your mental health is just as
important as your physical health.**

Ohio CareLine: 1-800-720-9616



Help is available 24 hours a day,
seven days a week

#IN THIS
TOGETHER 
Ohio



NAMI

National Alliance on Mental Illness

Delaware & Morrow Counties

Communicating in Crisis/ Psychiatric Illness:

- ◆ Be calm
- ◆ Assess the situation
- ◆ Avoid yelling, touching, and ridiculing
- ◆ Be helpful, encouraging, and supportive
- ◆ Be firm, use clear and direct instructions
- ◆ If crisis continues, call 911 and request a CIT officer

Threat of Suicide:

- ◆ ASK! Don't be afraid to ask: "Are you having thoughts of suicide or hurting yourself?"
- ◆ Have you thought about how you might do this?
- ◆ Have you planned for acting on these thoughts?
- ◆ Is the plan realistic? Do they have access to weapons, drugs, etc?
- ◆ Unsure? Transport them to the hospital or call 911.

740-815-1767

- ◆ Online & in-person support groups
- ◆ Online education programs

Socially and emotionally connected while practicing physical distancing.

Someone with a psychiatric illness might... So you need to...

- Have trouble with reality → Be simple, truthful
- Be fearful → Stay calm
- Be insecure → Be accepting
- Have trouble concentrating → Be brief, repeat
- Be over stimulated → Limit input
- Easily become agitated → Recognize agitation
- Be preoccupied → Get attention first
- Be withdrawn → Initiate relevant conversation
- Have changing emotions → Disregard
- Have changing plans → Keep to one plan
- Believe delusion → Ignore, don't argue
- Have low self-esteem and low motivation → Stay positive

If you or someone you know is feeling Sad—Afraid—Scared—Out of Control—Concerned about something—Hurt—Annoyed—Ashamed—Confused—Anxious—Embarrassed—Hopeless—Guilty—Like you want to hurt yourself—Withdrawn—Helpless—Unloved—Discouraged—Unhappy—Empty—or just need to talk to someone. If you or someone you know is feeling Sad—Afraid—Scared—Out of Control—Concerned about something—Hurt—Annoyed—Ashamed—Confused—Anxious—Embarrassed—Hopeless—Guilty—Like you want to hurt yourself—Withdrawn—Helpless—Unloved—Discouraged—Unhappy—Empty—or just need to talk to someone. If you or someone you know is feeling Sad—Afraid—Scared—Out of Control—Concerned about something—Hurt—Annoyed—Ashamed—Confused—Anxious—Embarrassed—Hopeless—Guilty—Like you want to hurt yourself—Withdrawn—Helpless—Unloved—Discouraged—Unhappy—Empty—or just need to talk to someone. If you or someone you know is feeling Sad—Afraid—Scared—Out of Control—Concerned about something—

CRISIS TEXT LINE |

Text 4hope to 741 741

You are not alone.

www.NotAloneOhio.org

NAMI is funded by Delaware Morrow Mental Health and Recovery Services Board and Ohio Mental Health and Addiction Services.