**What is a CRISIS?**

A mental health crisis is a non-life threatening situation in which a person experiences an intensive behavioral, emotional, or psychiatric response triggered by a precipitating event.

**What constitutes as a CRISIS?**

Situations that constitute a crisis are major disasters (hurricane, flood, etc), loss of housing (eviction), electricity cut off, etc.

*Call For More Information*

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**SIGNS OF A CRISIS**

- Disoriented/out of touch with reality
- Functionality compromised
- Agitated / Unable to be calmed
- Abusive behavior to self and others, including substance use or self-harm
- Isolation from school, work, family, friends
- Inability to perform daily tasks like bathing, brushing teeth, brushing hair, changing clothes

**24/7 SUPPORT**

Holistic staff are always ready to support you in time of crisis. Our 24- Hour Hotline is available to all HBHS members for non-life threatening emergencies. Call to speak with one of our trained professionals

225–368–9602

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**HOLISTIC BEHAVIOR**

**CRISIS SUPPORT**

**UNDERSTANDING YOUR RIGHTS AS A MEMBER**

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