



St. John Ambulance

Basics of

MENTAL HEALTH CRISES

If you suspect that someone you know is considering suicide or otherwise harming themselves, seek professional help as soon as possible and don't leave them alone.

CALL 911 IN CASE OF IMMEDIATE EMERGENCY

COMMON SIGNS OF A MENTAL HEALTH CRISIS



Difference in demeanour



Irritability



Isolation



Hopelessness



Neglect of hygiene

Talking is often the first step towards recovery from a mental illness. If you are worried about a loved one, start the conversation surrounding their mental health with these tips:

- ✓ Choose a good time and place
- ✓ Respond with options that may be available to assist this person
- ✓ Express that you care
- ✓ Be a good listener
- ✓ Encourage them to make the call
- ✓ Remain calm
- ✓ Avoid distractions

MENTAL HEALTH CRISIS HOTLINES



For drug, alcohol and gambling addicts:
ConnexOntario
1-866-531-2600

For children and teenagers:
Kids Help Phone:
1-800-668-6868

For those of Native descent:
First Nations and Inuit Hope
for Wellness Help Line
1-855-242-3310

For eating disorder sufferers:
National Eating Disorder
Information Centre
1-866-633-4220

For suicidal individuals:
Centre for Suicide
Prevention
1-833-456-4566

For other sufferers:
Crisis Services Canada
1-833-456-4566

ONLINE HELP



ontario.cmha.ca/documents/are-you-in-crisis/

For more information about mental health first aid, read our monthly newsletter at sja.ca