

Mental Health Crises



Common Triggers:

- Loss
- Relationship difficulties
- Violence or trauma
- Pressure/stress
- Health issues
- An accident or disaster
- Drug or alcohol misuse
- Mental health problem onset

Types of Crises:

- Suicidal thoughts
- Self harm
- Harm to others
- Anxiety attacks following a traumatic event
- Psychosis from a mental illness or following alcohol or drug use

Mental Health Crisis

Puja Mehta



Mental Health Crisis:

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