

CRISIS / CALM + SPACE



Confused / paranoid / seeing or hearing things?

Suicidal talk / extreme agitation / acting very differently?



SLOW DOWN



LISTEN



GIVE SPACE



LESS NOISE

No arguing, judging, touching, crowding, threats or shouting.

988 / CALL OR TEXT

Suicide / emotional crisis / 24-7

911 / MOVE TO SAFETY

Danger / weapons / serious injury
Medical emergency

211: local services + housing. Meth can cause psychosis; do not assume use.

Reviewed 10/04/26 / Education; no agency endorsement