

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

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