

Navigating Mental Health Concerns

Need, Crisis or Emergency?

988 Suicide and Crisis Lifeline

In 2020, congress approved 988 to be designated the new phone number for the National Suicide Prevention Lifeline. This lifeline serves more than 180 centers in all 50 states, providing help to those in need.

Many of us experience mental health issues, but how do you know when to reach out for help?

<https://www.zywave.com>

51.5 million

Estimated American adults who experience mental illness in a given year

MENTAL HEALTH PREVENTION AND MAINTANENCE NEEDS

When an individual expresses that they are struggling with symptoms of anxiety or depression, or are looking to get established with a therapist, contact your HR representative for EAP information or call **988**.

Other resources available include:

- <https://www.samhsa.gov/>
- <https://988lifeline.org/>
- [Trevor Project Lifeline: 866-488-7386](https://www.trevorproject.org/)
- [Veterans Crisis Line: 800-273-8255](https://www.veteranscrisisline.com/)

What is a mental health ...	What should you do?
EMERGENCY	
When an individual is an immediate risk to themselves or others. <ul style="list-style-type: none"> • suicidal ideation • homicidal ideation • acute psychosis 	Get the person to the nearest emergency room. If you are unable to safely transport, call 911 and have them brought in an ambulance. You can also call the Suicide Prevention Hotline at 988 or reach out to your EAP and ask for immediate crisis intervention.
CRISIS	
When day-to-day functioning is greatly impacted due to a mental health concern. Examples: unable to work or complete tasks that they normally complete. *If an individual is a risk to themselves or others, this would be considered an emergency rather than a crisis.	Call the EAP and ask for an urgent appointment to address the crisis. You can also reach out to Andrea Hickle to discuss options for getting into services quickly. If you have a current mental health provider, notify them to let them know that you need to be seen immediately.
NEED	
When an individual is not a risk to themselves or others, and is able to complete normal daily tasks, but they are experiencing things such as excessive worry, struggling to concentrate, racing thoughts , etc., which could increase their risk for elevated concerns.	Call the EAP and ask to get established with a therapist. You can also reach out to Andrea Hickle to discuss how to find a provider that might be able to assist in addressing needs.
FOR MORE INFORMATION Andrea Hickle, LCSW, <i>Licensed Clinical Social Worker</i> Kinetiq Health ahickle@apexbg.com	