

When to Seek Urgent Mental Health Treatment



The Mecca of Black Wellness



Updated June 2018

There are times that you may experience emotional or behavioral symptoms that are indicative of a crisis, and require immediate attention. This may include a significant change in your emotional or behavioral functioning, a decline in your mood, an increase in risky behaviors, and thoughts of self-harm, suicide, or hurting others.

Please look at the symptoms below. If you are experiencing any of these symptoms, **please call 911 or visit your local hospital emergency room immediately.**

Symptoms that Require Immediate Attention

- Suicidal thoughts and/or behaviors
- Homicidal thoughts and/or behaviors
- Feeling that there is no way out
- Thoughts of hurting yourself or others
- Looking for ways to hurt yourself or others
- Increased self-destructive or self-harming behaviors
- Frequent talks about death or dying
- Uncontrollable thoughts about death or dying

Warning Signs that Require Mental Health Treatment

- Persistent hopelessness
- Uncontrollable rage or anger
- Increased risky behaviors
- Increased alcohol or substance use
- Persistent low mood

Reminder: In the event that you are unable to immediately seek treatment from a licensed mental health professional, or if you are not comfortable doing so at the current time, here are additional resources that may help during your time of crisis or distress.

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. **Visit**, <https://suicidepreventionlifeline.org/> or Dial 1-888-628-9454 to speak to someone.

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Responders will work with you to help you get through any personal crisis, even if that crisis does not involve thoughts of suicide. **Visit**, <https://www.veteranscrisisline.net/> or dial **Dial** 1-800-273-8255 and (Press 1) to talk to someone now.

FOR MORE INFORMATION

www.BlackMentalWellness.com



@BlackMentalWellness



Black Mental Wellness



@WellnessBlack



Black Mental
Wellness

The Mecca of Black Wellness

RESOURCES

Psychology Today

www.PsychologyToday.com

Psychology Today's Therapy Directory lists clinical professionals, psychiatrists and treatment centers that provide mental health services in the US and internationally.

Therapy for Black Girls

www.TherapyForBlackGirls.com

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

Zoc Doc

www.ZocDoc.com

With Zocdoc, you can see doctors' open appointment times and book instantly online, make informed choices with verified reviews, and stay on top of important checkups with tailored reminders.

This fact sheet is developed, owned and distributed by Black Mental Wellness. Fact sheets may be reproduced for personal or educational use without written permission, but cannot be included in material presented for sale or profit. Fact sheets may not be reproduced or duplicated on any other website without written consent from Black Mental Wellness. Organizations are permitted to create links to the Black Mental Wellness website and fact sheets. All factsheets can be viewed and printed from <http://www.BlackMentalWellness.com>. Contact Black Mental Wellness at info@BlackMentalWellness.com for questions or additional information.