**Psychological Crisis**

A psychological crisis exists when an individual is threatening harm to himself/herself, to others, or is out of touch with reality because of a drug reaction or psychosis.

A major psychological crisis always requires the intervention of trained personnel. Public Safety personnel should immediately be contacted in situations requiring medical or peacekeeping intervention. Counseling Center personnel can be contacted for consultation or assistance in resolving the situation.

Less severe psychological crises may involve uncontrolled crying, feelings of panic, or anger/yelling (without indications/threats of physical harm). If the psychological crisis resolves quickly in response to attention and kindness, no intervention of professional counselors or officers may be necessary. Plans for follow-up support should be put in place (i.e., a follow-up conversation, a referral to counseling, an action-plan should the situation become acute again, etc.). If the crisis does not resolve, or escalates, follow the guidelines above for a major psychological crisis.

**If a psychological crisis occurs:**

- Never try to handle a situation on your own that you feel is dangerous.
- Notify public safety at x3636. Clearly state that you need immediate assistance, give your name, your location and the area involved.
- The counseling center will provide post-trauma counseling and referrals.
- In extreme situations, call 911.