**Mental Health Crisis with**

 **School Staff**

This guide may be used with school staff who are struggling during distance learning.

**Possible Warning Signs:**

* Talks about threatening suicide
* Makes statements such as “I want this to all end” or I can’t go on anymore”
* Significant confusion
* Behavior is bizarre, alarming, and/or dangerous
* Makes statements about hurting or killing others
* Appears/reports hopelessness or helplessness
* Appears depressed: frequent crying, not sleeping/oversleeping, weight loss/gain, loss of pleasure, extreme fatigue
* Inability to carry out daily activities
* Excessive drinking or using illicit drugs

**Do you believe the person is in imminent danger?**

**Community Mental Health Resources:**

Woodland Centers Crisis Hotline: 1-800-432-8781 24 Hour Crisis Text-Line: Text 741741

Western Mental Health Crisis Hotline: 1-800-658-2429 Find more local resources by calling United Way 2-1-1

* Ask questions
* Listen to the staff member and be supportive
* Provide community resources
* Inform SEL staff at your district

**Note: If at any point you believe the persons “Imminent Danger” status has changed, return to top and follow the steps**

* Call 9-1-1 immediately
* Call Site Administrator at your district as soon as possible
* Notify SEL staff at your district

**YES**

**NO**

**Examples *may* include:**

* Crying, expressing they’re sad, but no plan to harm themselves.
* States they are feeing lonely and have no one to talk to.
* Has been fighting with spouse or significant other
* Is struggling with financially or not having basic needs (enough food, etc.).

**NO**

**YES**

* Has the person made comments about hurting themselves or others?
* Do they have a plan?
* Do they have access to weapons in the home?