

# STRATEGIES for MINDFUL LIVING

Courtesy of UAB Employee Assistance & Counseling Center

## What to do in a Crisis

If you or someone you know may be experiencing a crisis, it's important to recognize the signs and know what steps to take. The following information can help you assess the situation, access immediate support, and care for yourself.

### Evaluate the Situation

Take a moment, if you can, to assess what is happening. What is the nature of your crisis? Are you or someone else in immediate danger, or in need of urgent medical or psychological care? Consider the intensity of the symptoms, how long they have been occurring, and whether they are getting worse. If safety is at risk or you feel unable to cope on your own, it is important to seek immediate help. Call 911 or one of the provided emergency numbers. Or call the UAB EACC front desk at 205-934-2281 during regular business hours to speak with a counselor. You can also go into any Emergency Room if you are feeling suicidal and seek assistance.

### Signs of a Crisis

The following are indicators that you may be experiencing a crisis. Not all individuals experience every one.

- Sadness
- Anger or rage
- Hopelessness
- Confusion
- Fear
- Guilt
- Mood swings
- Forgetfulness
- Withdrawal from friends and family
- Flashbacks to the crisis event
- Inability to concentrate
- Disrupted sleep patterns or insomnia
- Lack of appetite
- Fatigue



### Emergency Numbers

- **Bham Crisis Center:** 205-323-7777
- **24hr Suicide Prevention Hotline:**  
1-800-273-8255
- **UAB Paging:** 205-934-3411
- **Crisis Text Line:** Text UAB to 741741
- **AL Domestic Violence Hotline:**  
1-800-650-6522

### Take Care of Yourself

Think about what has helped stabilize you in the past and create a "toolbox" of coping mechanisms. Would it help to talk to a friend? To meditate or take a nap? To exercise or go for a walk? Take action to help yourself, even if you doubt it will work. Doubt and feelings of helplessness may be symptoms of a mental health condition. Do something that might make you feel better and observe how you feel afterwards.

Your immediate discomfort will be easier to bear if you have a long-term treatment plan, because you can remind yourself that your difficult times are becoming fewer and less severe. Remember that you are not alone and help is available.