



MONROE
COMMUNITY
MENTAL
HEALTH
AUTHORITY

Getting Help Before a Crisis

No one is ready to experience a mental health crisis in the same way that no one is ready to experience physical emergency. But, having a plan and taking precautions can literally save a life.

At Monroe Community Mental Health Authority (MCMHA), we are dedicated to providing support and resources to help you take care of yourself and your loved ones. Remember, the journey to well-being begins long before a crisis. Let us help you take the first step.

Make a Plan

When you or your loved one are in the midst of a mental health crisis, it can be incredibly hard to think clearly. Having practical tools and resources in place before you need them can be an important lifeline.

Learn about the signs of a crisis, both in yourself and others. Identify a support system of friends, family, or professionals you can turn to. Keep their contact information handy. Make a list of coping strategies and self-care techniques that work for you. Always ask for help when you need it.

Warning Signs of a Crisis

According to the National Alliance on Mental Illness (NAMI), here are some of the warning signs that someone may be headed for a mental health crisis:

Social Withdrawal – removing oneself from social activities, friends, and family in a way that is noticeable and prolonged

Irregular Expression of Feelings – responding to people and situations in ways that are unusual for that person, like hostility from someone who is usually pleasant and friendly, laughter at inappropriate times, or general indifference to emotionally charged situations

Mood Disturbances – expressing one's feelings in ways that are altered or irregular, like deep and profound sadness, lack of interest in activities one typically enjoyed, hopelessness, and thinking or talking about suicide

Thought Disturbances – exhibiting a marked difference in the way a person processes the world around them, such as an inability to cope with minor problems, irrational statements, use of peculiar words or language, and paranoia and excessive fear and suspiciousness

Changes in Behavior – acting in ways that get in the way of daily functioning and/or are out of the norm, such as a decline in work or academic performance, neglecting self-care or hygiene, rapid weight loss or gain, drug and alcohol abuse, drastic changes in sleep, forgetfulness or inattention, or other bizarre behaviors.

How MCMHA Can Help

MCMHA is dedicated to supporting individuals who may be headed toward a mental health crisis—and their families.

You are not alone. Call us today to get started on the road to healing.

(734) 243-7340

Locations:

1001 S. Raisinville Rd., Monroe, MI 48161

428 S. Monroe Street, Suite 104, Monroe, MI 48161

Phone: 734.243.7340

Hours: Monday - Friday: 8:30 AM - 5:00 PM