MENTAL HEALTH EMERGENCY

Students with a history of behavioral or emotional concerns should be known to appropriate school staff. An emergency care plan should be developed.

Behavioral or psychological emergencies may take many forms (i.e., depression, anxiety/panic, phobias, destructive or assaultive behavior, talk of suicide etc.). Intervene only if the situation is safe for you.

Refer to your school's policy for addressing mental health emergencies.

Does student have visible injuries?

YES → See appropriate guideline to provide first aid. **CALL EMS/911 if any injuries require immediate care.**

NO

- Does student's behavior present an immediate risk of physical harm to persons or property?
- Is student armed with a weapon?

YES → **CALL 911**. Activate school crisis plan.

NO

- Communications should be non-threatening.
- Acknowledge that the person is upset, offer to help.
- Face the student at eye level and avoid physical contact.
- **DO NOT** challenge or argue.
- Attempt to involve people who the person trusts and talk about what is wrong (i.e. administrator, school counselor, school psychologist).

The cause of unusual behavior may be psychological, emotional, or physical (i.e., fever, diabetic emergency, poisoning/overdose, alcohol/drug abuse, head injury, etc.). The student should be seen by a health care provider to determine the cause.

Suicidal and violent behavior should be taken seriously. If the student has threatened to harm him/herself or others contact the responsible school authority immediately.

Contact responsible school authority & parent/guardian.

Document care provided.