



## Crisis Intervention

### Watch For These Signs:

#### Self-destructive Behavior

- Inappropriate use of alcohol and/or drugs
- Suicidal or homicidal thinking
- Poor impulse control or judgment
  - Shoplifting or other forms of stealing*
  - Fighting*
  - Sexual Indiscretion*
  - Running away*
- Compulsive preoccupations
  - Food, weight, exercise, work, sex, etc.

#### Problems with Relationships

- Violent outbursts toward others
- Isolation and alienation from others
- Absence or collapse of support systems, such as:
  - quits going to church*
  - quits calling people*
  - isolating, etc.*

#### Problems with Mood

- Continually depressed
- Euphoric moods that disrupt normal functioning (during which their values are violated)
- Frequent anxieties (worrying constantly)
- Sleeping difficulties
- Sexual dysfunction

#### Distorted Thinking

- Easily confused
- Increased difficulties with memory of recent events
- Irrational fears
- Hearing disturbing inner voices