

HELPING PATIENTS/ATHLETES IN **Crisis**

Sometimes the signs of a developing psychological concern can be hard to notice. To help athletic trainers determine when to address growing concerns and take action, the NATA ATs Care Committee has developed these color-coded guidelines.

If a person is a threat to themselves or others, call 911 immediately.

RAISED AWARENESS

- Show a decline in athletic and/or academic performance
- Demonstrating disruptive and disturbing behavior
- Showing dramatic changes in appearance, behavior or weight
- Having problems at home, with classes or work
- Sad, anxious or experiencing dramatic mood shifts
- Abusing alcohol or drugs
- Isolating themselves socially
- Frequently angry or easily frustrated
- Struggling with health problems
- Absent from class
- Have a declining appearance

IF YOU NOTICE EMOTIONAL BEHAVIOR:

Approach the individual and encourage a mental wellness evaluation

GROWING CONCERN

- Making disturbing comments in conversation, email, letters, social media postings or papers
- Acting paranoid or suspicious
- Making statements that are not reasonable or congruent with reality
- Mentioning (even jokingly) suicide or death
- Bullying or being bullied
- Severely declining appearance

IF YOU NOTICE BIZARRE OR IRRATIONAL BEHAVIOR:

Discuss with the individual and with direct reports the concern and need for a mental wellness evaluation

TAKE ACTION

- Hitting, kicking or shoving others; possessing a weapon with intent or threat to harm others
- Throwing objects with intent to harm others
- Screaming intentions of doing harm to another individual
- Suicide attempt
- Sexually abusive
- Extreme risk-taker where safety is at risk

IF YOU NOTICE AGGRESSIVE BEHAVIOR:

Inform direct report. In an emergency, activate your emergency action plan and/or school emergency mental health plan. When dealing with someone who is physically threatening, your and others' safety comes first.

REFERRAL PHONE NUMBERS • Emergency Dial **911** • University Health Services _____

• University/City Police _____ • University Counseling Services _____

• Secondary School Counselor _____ • County Mental Crisis _____