

## **Psychological Crisis**

A psychological crisis exists when an individual is threatening harm to himself/herself or to others, or is out of touch with reality due to severe drug reactions or a psychotic breakdown. A psychotic breakdown may be manifested by hallucinations and uncontrollable behavior.

If a psychological crisis occurs:

- Never try to handle a situation you feel is dangerous on your own.
- Notify ABAC Police (Public Safety) of the situation at 391-5060. In extreme medical emergencies, dial 911 first and then notify ABAC Police (Public Safety).
- Clearly state that you need immediate assistance and describe the situation.
- Give your name, location, and the area involved.