

MHET in a Minute



September is dedicated to spreading awareness about preventing suicide which is [currently the second leading cause of death among 15-29 years old](#). Visit NAMI to learn more about warning signs, risk factors of suicide and how to be prepared for a crisis.

[National Suicide Prevention Lifeline](#): 1-800-273-8255

[NAMI Crisis Text Line](#): 741-741

Helpful Tips for Children During Covid-19 Pandemic

The outbreak of the Covid-19 pandemic can make anyone feel overwhelmed and anxious, especially children. Follow these techniques to help your child during these tough times:

- Process your own anxiety first
- Ask what they know and listen to their concerns and questions; young children need a simple explanation (“Some people have been getting sick. We are being extra careful so we can stay healthy”)
- Limit television and social media coverage
- Maintain their routines as much as possible (adequate sleep, nutritious diet, time outdoors)
- Emphasize good hygiene (washing hands when arriving home and before/after meals, covering their mouth when sneezing)

Source: [New York Times](#), [Bright Horizons](#)

A Minute Read



[Pandemic's Effect on Already Rising Suicide Rates Heightens Worry](#)

When Your Loved One is Experiencing a Mental Health Crisis

- The following techniques may help de-escalate a crisis:
 - Keep your voice calm and avoid overreacting
 - Listen and ask how you can help
 - Avoid touching the person unless you ask permission
- If you feel you need immediate assistance, call 911 to report a mental health crisis.
 - When calling, indicate there is a mental health crisis, provide the specific behaviors you are observing (“My sister is pacing back and forth stating she wants to kill herself”), mental health history, and if there are weapons on the person or in the home.
- In the event law enforcement responds and your loved one is involuntarily hospitalized per 5150/5585 WIC, you are encouraged to contact the admitting hospital to provide additional background/historical information to the treating doctor.
- If it is determined that your loved one does not meet the criteria for involuntary hospitalization, consider the following:
 - He/she can voluntarily admit themselves to the hospital at any time
 - Start looking for inpatient or outpatient mental health services that he/she may be eligible for
 - Contact your local MHET team or the DMH ACCESS Hotline for additional resources and available services
- To prepare for a crisis, create a crisis plan that contains the following information: [Click here](#)
<https://www.treatmentconnection.com/resources/crisis-plan>
- If you do not need an immediate response, you can call **DMH ACCESS Hotline** (1-800-854-7771) for crisis evaluations and mental health resources

Sources: [NAMI](#), [Navigating A Mental Health Crisis](#)

[Family Service Agency of Burbank \(FSA\) 818-845-7671, 2721](#)

W. Burbank Blvd., Burbank: Provides crisis intervention, clinical counseling, and violence prevention services and education for youth, teens, adults, and families.

[StreetPlus 818-397-3798, 201 N Front St., Burbank](#)

Provides safety, hospitality and social service outreach to the City of Burbank: escorts to vehicles, identifying graffiti and safety issues, outreach with homeless individuals.