

Southern Regional Health Authority Mental Health Unit Psychiatric Emergencies/ Crisis Response

A crisis or psychiatric emergency include mainly cases of violence, aggression or suicide. “A person in crisis because of mental illness needs prompt attention to avert further life-threatening issues.”

Violence or aggressive behaviours

The following are risk factors of violent/aggressive behaviours

- threatening behaviour
- Agitation, restlessness
- Loud talking
- Carrying weapons
- Having command auditory hallucination
- Paranoid thoughts and behaviour
- Use alcohol or other substance
- Having certain personality types

Tips to manage violence

- Recognize early warning signs of violence
- Recognize the individuals feelings
- Use calm soft non threatening tone to address persons
- Be genuine and empathetic
- Encourage verbal expression of anger, Utilize active listening
- Allow for personal space- give the individual space
- Use techniques to distract and encourage relaxation
- Call for assistance if the violence escalates and the person has a weapon - Police 119
- Contact may be made to the Mental Health Parish Outreach teams outlined below

Suicide is defined as death cause by self-directed injurious behaviour with intent to die as a result of the behaviour.

A suicide attempt is a non-fatal self-directed, potentially injurious behaviour with intent to die as a result of the behaviour. A suicide attempt might not result in injury.

Suicidal intention refers to thinking about, considering, or planning suicide.

Warning signs of suicide

The behaviours listed below may be signs that someone is thinking about suicide

- Giving away important possessions
- Withdrawing from family and friends
- Changing eating and/or sleeping habits
- Talking about wanting to die or wanting to kill themselves
- Saying goodbye to friends and family
- Talking about feeling empty, hopeless, or having no reason to live.

- Putting affairs in order, making a will
- Making plans or looking for a way to kill themselves
- Taking great risks that could lead to death
- Talking or thinking about death often
- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy.
- Talking about great guilt or shame
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable pain (emotional or physical pain)
- Talking about being a burden to others
- Using alcohol or drugs more often
- Acting anxious or agitated

What can you do to prevent suicide?

1. Speak up if you're concerned
 - Start a conversation, ask about feelings
 - Be empathetic and don't judge
2. Response quickly in crisis e.g.
 - If there's a plan
 - If there's a time set
 - If there's means
 - If there's intention
3. Offer help and support
 - Get professional help!
 - Make a safety plan
 - Remove potential means
 - Keep in touch

Contact information for Mental Health Parish Outreach teams

Manchester

Ns. Sonia White	Phone: 876-797-9157
Ns. Nicola Williams	Phone: 876-798-1140
Ns. Annie Myers	Phone: 876-797-7002
Ns. Alecia Solomon-Newman	Phone: 876-531-4117
Ns. Leisha Edwards-Thompson	Phone: 876-325-3024
Ns. Odean Simpson	Phone: 876-779-0424

Clarendon

Mr Kevin Allen	Phone: 876-779-7387
Ns. Melissa Burke	Phone: (876)792-2632
Ns. Tanya Richards	Phone: (876)791-7364
Ns. Fay Robinson-Tee	Phone: (876)791-7187

St Elizabeth

Ns. Karen Elliott

Phone: (876)793-3440

Ns. Jennifer Chambers-Morgan

Phone: (876)793-5087

Ns. Audrey White

Phone: (876)793-8048

Southern Regional Health Authority

Ns. Marcia Mullings-Thompson

Phone: (876) 774-7654

Ministry of Health & Wellness Mental Health & Suicide Helpline

Phone: 1-888-New-Life (1-888-639-5433)