

MENTAL HEALTH CRISIS CARD

Your Voice Matters

Let people know how to help you when you are experiencing a mental health crisis or agitated state.

WHAT DOES THE CARD DO?

The Mental Health Crisis Card tells people who are with a youth experiencing a mental health crisis what to do immediately, in the first 5 minutes, to de-escalate the situation. Youth fill out their own card and list up to 3 calming strategies. When needed, youth show the card to people around them who can follow their calming instructions.

WHY SHOULD A YOUTH USE IT?

Youth know what calms them better than anyone else. When people follow calming strategies a young person has identified, negative impacts can be reduced or eliminated. The crisis situation can be avoided and youth will feel safe and understood.

YOUTH SAY WHAT WORKS

On the Card list the calming strategies that help you. Please make them clear to understand so when you present the Card to someone they will know what you need.

HOW TO GET THE CARD

[Print the Card](#)

Cut it to fit in your pocket, wallet, or phone wallet. Or take a photo of it and keep it on your phone.

Wisconsin Office of Children's Mental Health **MENTAL HEALTH CRISIS CARD**

Name: _____

Pronouns: _____

▶▶▶ I need support in the next 5 minutes. ◀◀◀
Here's what I need from you to help me:

1. _____

2. _____

3. _____

My primary support person: _____

Relationship: _____

Phone: _____

Get help for you or a friend:

1.800.273.8255

"HOPELINE" to 741741

"Speak Up, Speak Out" WI

For information:

children.wi.gov

NEED HELP IDENTIFYING CALMING STRATEGIES?

Here are some example strategies.

For more, [visit our website](#).

- Don't talk to me. I need to be quiet.
- Let me calm down. I will talk to you when I am ready.
- Bring me to a quiet place.
- Talk with a friend/peer.
- Talk to an adult.
- Let me draw.
- Listen to music.
- A cold cloth on my face.
- Read a book.
- Write in a journal.
- Hold ice in my hand.
- Provide male support.
- Provide female support.
- Get a hug.
- Breathe deep.
- Cry.
- Pace.
- Rock.





Name: _____

Pronouns: _____

▲▲ I need support in the next 5 minutes. ▼▼

Here's what I need from you to help me:

1. _____

2. _____

3. _____

(over)

My primary support person: _____

Relationship: _____

Phone: _____

Get help for you or a friend:



1.800.273.8255



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Accessing Children's Mental Health Services



1

I'm worried about my child. I notice...



Sleeping Issues
Anxiety Irritability
Always Alert Sadness
Mood Swings Isolation
Anger Poor Grades
Difficulty Concentrating

2

Who can help us?

- Contact a trusted provider such as:
- Doctor or Primary Care Provider
 - School Counselor or Teacher
 - Community Services or Peer Specialist

Ask for a *mental health assessment*.
Be descriptive about your concerns.



3

Therapy for emotional support.

There are many different types of therapy and every therapist is different. Look for a provider who meets your preference of gender, race, or culture. Find someone who you and your child feels comfortable with. When you call, ask:

1. Are you accepting new patients?
2. Do you accept my insurance? Do you accept self-pay or sliding scale payment?
3. When is the next available appointment?
4. What are the next steps I can take right now?

4

What does therapy look like?

- You and your child will learn new skills and talk about experiences, mood, or behavior. Parents are involved by:
- Meeting with the therapist regularly
 - Enhancing skills to support your child
 - Speaking up for your child and family
 - Taking care of yourself and finding the support you need



It's okay to call another clinic and ask these same questions. You may get in sooner with another provider.

Healing is a journey

Getting the Help You Need

FEELINGS THERMOMETER

How do you feel?	What can you do about it?
ANGRY, FURIOUS, EXPLOSIVE ▶ Yelling, Stomping, Melt-down	<ul style="list-style-type: none"> • Vigorous physical exercise • Breathe deep breaths • Take a warm shower or bath
FRUSTRATED, ANNOYED, IRRITABLE ▶ Arguing, Refusing, Shutting down	<ul style="list-style-type: none"> • Meditate/pray • Listen to favorite music • Take a fast-paced walk
ANXIOUS, WORRIED, UNSETTLED ▶ Pacing, Avoiding, Clingy	<ul style="list-style-type: none"> • Talk to a family member/friend • Pay attention to each of your 5 senses • Focus on what you can control
SAD, NEGATIVE, LONELY ▶ Crying, Withdrawn, Slowed/Disengaged	<ul style="list-style-type: none"> • Set a positive goal for the day • Call a friend or relative • Journal about your feelings
HAPPY, CALM, CONTENT ▶ Smiling, Laughing, Engaged	<ul style="list-style-type: none"> • Help someone else • Notice and enjoy your positive mood • Engage in an enjoyable activity

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Understanding our emotions and learning how to calm down are key life skills.

Practice using the Feelings Thermometer as a family to identify emotions and keep behaviors under control.

Build your community. Identify the people in your life who love and support your family through this mental health journey.

Resources:

- Use Well Badger's online Children's Mental Health Resource Navigator to get a personalized list of resources for your family.
- WellBadger.org
- Wisconsin 2-1-1
- NAMI Wisconsin
- Mental Health America of Wisconsin
- Family Voices of Wisconsin
- Disability Rights WI
- Parent 2 Parent
- Regional Centers for Children and Youth with Special Health Care Needs
- Wisconsin Family Ties

FEELINGS THERMOMETER



Student Name: _____

Date: _____

let's talk about...

MENTAL ILLNESS

with NAAMI WISCONSIN - Classroom Follow Up Activity

1. Mental Health Check-In

Take a look at the feelings thermometer below. On the left side of the thermometer, label what each emotion looks like for you. For example, do you stomp your feet when you are orange? Maybe you sigh loudly when you are feeling blue. Then, on the right side of the thermometer, write down what coping skill you could use to feel better. For example, you could try some deep breathing or journal for a few minutes.

What each emotion looks like

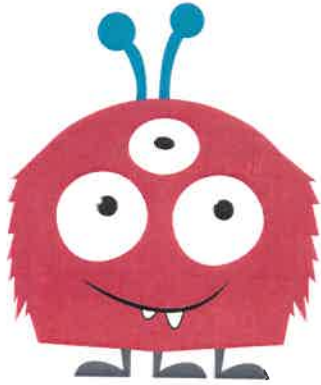
Coping skill I can use

The thermometer is a vertical bar with a color gradient from red at the top to blue at the bottom. It has a bulb at the bottom. Handwritten labels are placed around the thermometer with lines pointing to specific colors:

- Red (top): exploding, hyper, out of control
- Orange: angry, excited, upset
- Yellow: frustrated, irritated, nervous
- Green: relaxed, calm
- Blue (bottom): happy, feeling good

On the left side of the thermometer, there are five sets of horizontal blue lines for writing. On the right side, there are also five sets of horizontal blue lines for writing.

Let's Talk About Mental Illness with NAAMI WISCONSIN



2. Who Can I Talk To?

When you have too many days feeling anxious, sad, or upset it's a good idea to talk to someone about how you are feeling. Take a moment to think of an adult you could talk to about how you are feeling when you need some help.

When I feel anxious, sad, or upset for too many days, an adult I could talk to at my school, home, church, sports, or neighborhood is:

1. _____
2. _____
3. _____

A friend or classmate I can share my feelings with is:

1. _____
2. _____
3. _____

3. Healthy Coping Skills

- Coping skills can help you manage your emotions in a positive way
- It's helpful to know some coping skills that work for you
- Everyone needs these skills, no matter the age!
- As you get older your healthy coping skills may change, always be open to try new activities that make you feel better

Please take a look at the Coping Skills Chart on the next page and circle as many of the activities that would make you feel better when your mood is sad, depressed, or anxious. Feel free to add your own ideas of what makes you feel better in the bottom two boxes.

Let's Talk About Mental Illness with Naomi Wisconsin

TAKE A
WALK

PLAY WITH
MY PET

TALK TO
A FRIEND

TAKE
A DEEP
BREATH

DRAW A
PICTURE

PLAY
OUTSIDE

WATCH A
FUN VIDEO

READ A
FAVORITE
BOOK

SING OR
LISTEN TO
MUSIC

CREATE YOUR OWN

CREATE YOUR OWN

