

September is Suicide Prevention Awareness Month

# How to be prepared for a mental health crisis

Your mental health can go through ups and downs, just like your physical health. Sometimes when your mental health goes too far off course, it can lead to a mental health crisis.

In a crisis, you may find yourself in a dangerous situation and feel like harming yourself or contemplate suicide.

Making a plan in advance of a mental health crisis, and being familiar with that plan, can help keep you safe and ensure you know what to do in an emergency.



Learn how to  
make a plan  
to get help  
during a mental  
health crisis.

Visit your member website for more information.