

## What is a mental health crisis?

A mental health crisis is a situation in which a person's mental health condition has become so severe that they are unable to care for themselves or others, and they are in danger of harming themselves or others. This can include suicidal thoughts, self-harm, or violence towards others.

It is important to seek help immediately if you or someone you know is experiencing a mental health crisis. In the United States, you can call the National Suicide Prevention Lifeline at 1-800-273-8255 for support and resources.

For more information, visit <https://www.suicidalthoughts.org/>.