**What is crisis?**

Students in general have a fear of the word “crisis”, especially when it relates to mental health. However, those who are in crisis have the greatest need for mental health support and may not even recognize that they are in crisis.

What crisis means:

* Not functioning (not attending classes, not being social, not getting out of bed)
* Safety concerns for self or others
* Panic attacks
* Eating disorders that are threatening bodily health
* The inability to cope

Crisis support:

* Crisis needs are same-day through Monsour. Give them a phone call and they will find you a 20minute block that works (no need to wait for scheduling or a referral)