HELPING PATIENTS/ATHLETES IN Crisis

IF YOU NOTICE EMOTIONAL BEHAVIOR: Approach the individual and encourage a mental wellness evaluation

IF YOU NOTICE BIZARRE OR IRRATIONAL BEHAVIOR: Discuss with the individual and with direct reports the concern and need for a mental wellness evaluation

IF YOU NOTICE AGGRESSIVE BEHAVIOR: Inform direct report. In an emergency, activate your emergency action plan and/or school emergency mental health plan. When dealing with someone who is physically threatening, your and others’ safety comes first.

REFERRAL PHONE NUMBERS
- Emergency Dial 911
- University Health Services
- University/City Police
- University Counseling Services
- Secondary School Counselor
- County Mental Crisis

Sometimes the signs of a developing psychological concern can be hard to notice. To help athletic trainers determine when to address growing concerns and take action, the NATA ATs Care Committee has developed these color-coded guidelines.

If a person is a threat to themselves or others, call 911 immediately.

Source: ATs Care | Infographic provided by the National Athletic Trainers' Association