

What is a mental health crisis?

A mental health crisis is a situation in which a person's mental health symptoms are 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. There are many resources available, including crisis hotlines, emergency rooms, and mental health professionals.

For more information, visit [www.mentalhealth.gov](#) or call the National Suicide Prevention Lifeline at 1-800-273-8255.