

Mental Health Ministry

Education, Accompaniment, Advocacy



Guidelines for Mental Health Crisis

What do I do when someone comes to me and may be suicidal?

Listen to them. Allow them to share their thoughts, feelings, and fears. This person came to you for a reason; let them talk. Be an active listener – nodding, responding by rephrasing what they say.

- Determine if they are suicidal. JUST ASK – be direct and talk openly. Asking about suicide does not encourage the person. It shows empathy and compassion.

Suicide Risk Assessment:

- Are you thinking about suicide? or
- Are you thinking of killing yourself?

If yes, ASK about PLANNING

- Have you thought about how you would kill yourself?
- Have you done anything to get things you need to kill yourself?
- Have you decided when you would do it?

If the person is actively suicidal and has the means and a plan – do not leave them alone. Call 911. Let the dispatcher know that the person is at risk of suicide. Ask for a mental health crisis professional or mobile crisis team.

Be non-judgmental. Do not debate whether suicide is right or wrong, whether feelings are right or wrong. Listen, show support, and be empathic. Do not lecture.

Offer hope that help is available. Offer to pray with them.

If the person is not suicidal, but is distressed, listen to them.

Allow them to share their story, their feelings, and concerns with you privately.

Sometimes people just need to share with someone who they perceive as non-judgmental and who will not simply tell them what they need to do to solve their problem.

It is unlikely that you will know how to ‘fix’ the issue. Just being there for them can be hugely helpful.

Offer hope and reassure them that help is available. Offer to pray with them.

Help them connect with mental health resources – you can visit the [Office of Mental Health Ministry](#) webpage with them.

You can provide them with the suicide hotline* (see list of hotlines below) and tell them that the number is not just for suicide. It is a 24-hour hotline staffed with people who care and will listen to anyone in a crisis.

***National Suicide Crisis**

Hotline Call or Text **988**. You can also chat [988 Lifeline Chat and Text : Lifeline](#)

Central Arizona Crisis Line (Local)

602-222-9444

1-800-631-1314

1-800-327-9254 (TTY)

Empact Suicide Prevention Center

Crisis Hotline: 480-784-1500

Maricopa County: 1-866-205-5229

Northern Arizona Crisis Line

1-877-756-4090

1-888-757-8111

****Any nearest emergency room can help the person.**

There are psychiatric care hospitals in each county.

Coconino County

Northern Arizona Healthcare
928-779-3366

Maricopa County

Banner Behavioral Health
Hospital

480-448-7500

Connections Phoenix

602-416-7600

MIND 24/7- 4 valley locations

You can text or call 1-844-646-3247

Valleywise Health

1-800-631-1314

Mohave

Mohave Mental Health Clinic,
Inc

Bullhead City- 928-758-5905

Kingman- 928-757-8111

Lake Havasu City- 928-855-3432

Yavapai County

Polara Health

928-445-5211

Windhaven Psychiatric Hospital
928-445-5211