

Tools for de-escalation during a mental health crisis: Actions we can all take to help webinar

Follow-up Resources

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Links and Resources

Emergency Action for Panic Attacks:

<https://projectlets.org/emergency-action-for-panic-attacks>

Alternatives to 988 and Active Rescue Considerations:

<https://trans-survivors.com/2022/11/06/calling-988-active-rescue-active-harm/>

To learn more about hearing voices and other alternate experiences of reality, check out these resources:

- <https://padlet.com/madcripcare/peer-support-advocate-resources-9w73xj8wbq9ik2nx/wish/2068323089>
- https://www.hearing-voices.org/wp-content/uploads/2019/04/AUS-Coping_Strategies_Poster.pdf
- https://www.hearing-voices.org/wp-content/uploads/2012/05/Parents-Booklet-1-Intro_web.pdf

Examples of pod mapping and other emergency planning resources can be found here:

- <https://batjc.wordpress.com/resources/pods-and-pod-mapping-worksheet/>
- From:
https://annehelen.substack.com/p/a-shortcut-for-caring-for-others?utm_source=profile&utm_medium=reader2

- To look at an example of a form:
<https://docs.google.com/forms/d/e/1FAIpQLSejOaU3pjaAELZ3ai032ubt24GYTEsDRw3F4zBd95N2-Vh2wA/viewform>
- To make a copy of the emergency form:
https://docs.google.com/forms/d/1B_WB-afXQgrepRWhGyb_wr4oKOoaAiZFEVlw1xWCzhg/copy

The questions on slide 33 were inspired by:

https://www.instagram.com/p/CkGiP2zuAwh/?img_index=1

Project LETS Mental Health Resources <https://projectlets.org/resources-1>

The Trevor Project

<https://www.thetrevorproject.org/resources/category/mental-health/>

Equality Texas Mental Health Toolkit:

<https://drive.google.com/file/d/1BNMHx7f6C0vWytSaFgS-CI8wiQ6AQ0L4/view>

Notes from Chat and Padlet Discussions

What can you do to help increase support and safety for someone in crisis?

- I listen first and then based on how they are responding I decide what way is best to approach them, if that is physical touch, talking with them, sitting with them in silence, etc.
- With friends or family I ask "do you want me to listen or do you want advise"
- Listen, empathize, offer small comforts like warm drinks, blankets, etc. If it's grief/loss of someone, I let them know I'm there if they'd like to share stories of the person.
- check for understanding. ask this or that kind of questions to not overwhelm.

- text to check in
- create a safety plan with coping skills and who their support people are.
plan exactly where the safety plan will be
- Making them feel heard and understood
- I listen and make sure they feel heard.
- I listen until it's clear they are done talking. Be sure to not interrupt
- physically draw/write out their inner and outer resources with them
- Those close to me and I have a system--do you want to be distracted, do you need someone to listen, or do you just need support (emotional or physical) in this moment.
- share links and memes relevant to their circumstance or mood
- I be present
- Being present. I agree.
- a tool I like is eye contact when it feels well received as a non verbal way of saying I see you
- Being calm
- Making sure they know that you are there, even if it's just to sit with them in silence
- I agree with present and eye contact! Remaining calm, attempting to keep them on track with the topic
- being there for them: present, even if quietly sitting there until they find their voice
- I recently started asking my child: do we want to problem-solve, or are we venting? I used to jump to problem-solve, but he has been huge in my growth on how to support him better

How can you take care of yourself while supporting others?

- talk to others to help reground after holding intensity for someone in crisis.
Still respect privacy of course
- Making sure that I'm getting enough sleep. I tend to want to stay awake and continue addressing the crisis, but I can't address it as well or at all if I'm sleep deprived and burnt out.
- Take a moment to decompress. My way to do that is doing restorative yoga :)

- Setting up boundaries for myself and maintain them
- self care. meditation. understanding personal boundaries. Without self care - we cant take care of others.
- Making sure you've got basic needs met before helping if you can!
- stay connected to Source energy
- taking breaks, listening to music
- Leaving work at work and home at home
- Having my dog here with me to calm me, helps me be calm for others.
- Sleep
- remember to eat
- cat videos on tiktok
- (admittedly I learned this from Pedro Pascal) sometimes I hold pressure against my chest/stomach while supporting others to help ease anxiety
- time alone as possible. eat. sleep. DBT
- I step away and smoke if I know it's coming, just to take a moment. if i don't know it's coming, I do the same after lol
- being in nature
- Spending time in nature together
- we've learned that self-care is considered to be any form that releases stress or provides a sense of love inwards

FORGE contact info

Social media and websites:

- Main FORGE Facebook: <https://www.facebook.com/FORGE.trans/>
- Trans-Survivors Facebook: <https://www.facebook.com/transsurvivors/>
- Twitter: <https://twitter.com/FORGEforward>
- Instagram: https://www.instagram.com/forge_forward/
- YouTube: <http://www.youtube.com/c/FORGEForwardTrans>

- Website: <https://forge-forward.org/>
- Blog: Trans Survivors: <https://trans-survivors.com/>
- Linktree: <https://linktr.ee/FORGE.trans>

FORGE staff email addresses:

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