# ASSISTING PATIENTS/ATHLETES IN Crisis

Early signs of psychological concerns can be subtle. NATA's ATs Care Committee created these color-coded guidelines to help athletic trainers judge when concerns need attention and action.

***If someone poses a threat to self or others, call 911 immediately.***

## HEIGHTENED AWARENESS

- Declining sport and/or academic performance
- Disruptive, troubling behavior
- Marked changes in appearance, behavior or weight
- Problems at home, school or work
- Sadness, anxiety or marked mood changes
- Misuse of alcohol or drugs
- Social withdrawal
- Often angry or easily frustrated
- Health difficulties
- Missing classes
- Worsening appearance

**WHEN YOU NOTICE EMOTIONAL BEHAVIOR:**
Speak to them and encourage a mental health evaluation.

## RISING CONCERN

- Disturbing comments in speech, emails, letters, social posts or papers
- Paranoid or suspicious behavior
- Unreasonable statements or ones that conflict with reality
- Mentioning suicide or death, even as a joke
- Bullying others or being bullied
- Marked decline in appearance

**WHEN BEHAVIOR IS BIZARRE OR IRRATIONAL:**
Discuss concerns and the need for a mental health evaluation with them and direct reports.

## ACT NOW

- Hitting, kicking or shoving; having a weapon to harm or threaten others
- Throwing objects to hurt others
- Shouting threats of harm to another person
- Attempting suicide
- Sexual abuse
- Extreme risk-taking that endangers safety

**WHEN YOU NOTICE AGGRESSIVE BEHAVIOR:**
Notify your direct report. In an emergency, use your emergency action and/or school mental health emergency plan. If someone poses a physical threat, put your own and others' safety first.

**REFERRAL CONTACTS**

- Emergency: call **911**
- University Health Services _____
- University/City Police _____
- University Counseling Services _____
- Secondary School Counselor _____
- County Mental Crisis _____

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