



WHAT'S HELPFUL AND WHAT'S NOT

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What's Not Helpful

- Stigma
- Making Assumptions
- Escalating with the person
- Taking it personally
- One Dimensional Solutions



What's Helpful

- Stay calm
- Empathize
- Be Honest
- Be Safe (know your surroundings)
- Ask for help
- Know your resources



Resources

- Marion Appiah Stevenson : (214) 671-4271
- ADAPT Mobile Crisis : (866) 260-8000
- ICARE/ MHMR Tarrant County: (817) 335-3022
- 911 Right Care Team