

Crisis Intervention

Stage 1: Prevention

Self-help and Support Network

- Signs of distress present
- Use coping skills

Stage 2: De-Escalation

External Supports Needed

- Crisis Hotline: 1-844-493-TALK (8255)
- Contact Nearest Crisis Center
- Call direct therapist line

Stage 3: Crisis

Safety of self, others, or environment is at risk

- Call 911- Crisis Intervention Trained (CIT) officers
- Emergency room



CHANGES
COUNSELING &
CONSULTATION

More Information :



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Health Management



Common Diagnoses

Depression

Persistent sadness and/or loss of interest.

Anxiety

Excessive worry and difficulty controlling thoughts.

PTSD

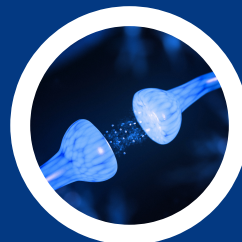
Exposure to stressors resulting in intrusive re-experience of event, which negatively alters thoughts or mood.

ADHD

Inattention and/or hyperactivity impacting ability to engage in daily activities

Impact on the Brain

- The brain is used for controlling movement, sensing one's environment, regulating body processes, and controlling emotions.
- Mental health disorders change the brain's ability to complete these functions by altering neural pathways and the release of neurotransmitters.
- Neural pathways are made by connections between brain cells, these pathways grow stronger when behaviors are performed more frequently.
- Neurotransmitters are chemicals in the brain with specific functions related to our feelings.



Intervention Impact

Therapy

Addresses life experiences and behavioral responses to stressors, allowing for the formation of new neural connections.

Medication

Targets brain chemistry, allowing for changes to neural connections and return to previous behavior.