

## Information for Crisis and Distress

### University of Arizona COM-P

**Crisis** – An individual in crisis may perceive or experience an event or feelings that seem unmanageable or exceed the individual’s ability to independently cope, leading to thoughts of harm to themselves or others.

Terminology:

1. *Suicidality, Suicidal Ideation* – Thoughts of dying to engaging in an activity or behavior that would lead to death as a result of engaging in the behavior.
2. *Self-Injurious Behavior, Non-Suicidal Self Injury, Rehearsal of Suicide* – Behaviors one engages in with a direct intention or result in causing harm to self, and potentially leading to death as a result of engaging in behaviors.
3. *Passive Suicidal Ideation* – A desire to escape, be gone, or wish for death to occur to you with no plan or intent connected directly to engagement in behaviors of suicidality or self-harm.
4. *Homicidal Ideation* – Thoughts, consideration, or planning something that would cause direct harm to someone other than yourself, or result in their death.

### Action Steps

If you are experiencing a crisis, the following resources are immediate contacts:	24/7 Available resources
<ol style="list-style-type: none"> <li>1. Call 911</li> <li>2. Visit Mind 24/7 (Locations linked <a href="#">here</a>)</li> <li>3. Visit your closest emergency department</li> <li>4. Go to Banner Behavioral Health Hospital, <a href="#">Scottsdale</a></li> <li>5. Maricopa County Crisis Mobile Assessment Team (800-631-1314)</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Mind 24/7</a>: Text or Call 844-646-3247</li> <li>2. Arizona Crisis Line: 844-534-4673</li> <li>3. Crisis Text Line: text HOME to 741741</li> <li>4. Suicide and Crisis Lifeline: Call or Text 988</li> </ol> <p><a href="https://caps.arizona.edu">https://caps.arizona.edu</a> <b>Counseling and Psych Services</b>  <b>UA resource: CAPS 24/7: <a href="tel:5206213334">520-621-3334</a></b></p>

**Distress** – An individual in distress may have a negative response (physical or emotional) to a variety of circumstances. This response can result from being overwhelmed by the demands of life, loss, or any perceived threat to self (physically or psychologically). The long term effects of distress can result in serious health risks, especially if an individual is unable to cope.

*Non-exhaustive lists of events that can cause distress:* academic demands, work/school – life balance, relational concerns, social isolation, lack of mentorship/support, finances, uncertainty about the future

**Eustress** – Remember that there can be a positive stress response that can lead to increased levels of stimulation, productivity, and performance. There are benefits of utilizing this stress to attain certain goals and the outcomes can facilitate growth, development, mastery, and optimal performance.

### Action Steps

If you are experiencing distress, the following resources may be helpful:	Potential Coping Resources/Ideas
<ol style="list-style-type: none"> <li>1. Call a peer, family member, or other support</li> <li>2. Reach out via call, text, email or portal message to one of our, or your, psychologists</li> <li>3. Set up an appointment <a href="#">HERE</a> with COM-P specialists</li> </ol>	<ol style="list-style-type: none"> <li>1. Physical activity (walking)</li> <li>2. Breathwork (<a href="#">Box Breathing</a>)</li> <li>3. Prompted Journaling (<a href="#">Calm.com/journaling</a>)</li> </ol> <p><a href="https://caps.arizona.edu">https://caps.arizona.edu</a> <b>Counseling and Psych Services</b>  <b>UA resource: CAPS 24/7: <a href="tel:5206213334">520-621-3334</a></b></p>

*For more information or urgent contact, please reach out to:*

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- *Dr. Sharma: text/call 201.927.7153, Office of the Dean, BSPB 1064.*