



What to do in a Mental Health Crisis

1

Make sure the area is safe. If there is any risk of harm, concerns to the person or others, ring Security on **7777**.

2

If the person is **safe**, either:

- See if a Mental Health First Aid Officer is available in your School or work unit or call (07) 3735 7111.

For students, call:

- The 24/7 Griffith Mental Wellbeing Support Line on **1300 785 442**

For staff, call:

- **1300 MH CALL** to speak to the 24 hour mental health service

3

Calm, reassure and stay with or online with the person until help arrives.

4

If the person is not safe call **000** and ask for the ambulance service and ring Security on **7777** to advise them that an ambulance is coming and where to send it. If the person is off-campus ask for their address first.



Health and Medical Services and Counselling and Wellbeing are **not** Emergency Services and provide consultations by appointment for non-urgent medical and mental health conditions.