

# SAGE Response to a Psychosocial Crisis

Self-DeEscalation Encountering a potential emergency s

being sarcastic

being over-involved or over-protective

trivializing the person's experience (e.g. 'put a smile on your face'.... 'lighten up')

belittling or dismissing the person's feelings: "you don't seem that bad to me"

speaking to the person in a patronizing tone of voice

Listen without judgement and respect their experience (e.g. never tell someone in crisis that what they are experiencing is not real)

5° ?@ can be a way to further assess a person and help with some crisis symptoms

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