Use this form to better guide you when calling Emergency Services:

1. Excessive paranoia or fear in the absence of a known threat. **Briefly describe what’s going on**:
2. Feeling of extreme hopelessness or sadness. **What is the client saying or doing**?

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1. Mental confusion—for example, unable to recognize known individuals; thinks they’re someone they are not; voices strange ideas; doesn’t appear to understand what people are saying. **Briefly describe what they’re saying:**
2. Uncontrollable anger or violent outbreaks. **Describe who are they violent with or how is their anger exhibited?**
3. Talking about suicide or harm to others. **Describe if they have a plan to harm themselves or others and if any weapons are involved:**
4. Saying things like “Nothing matters anymore,” “You’ll be better off without me,” or “Life isn’t worth living”. **Write exactly what they said, when and to whom:**
5. Acting on suicidal, homicidal, or threatening behavior, including intentional self-injury: **What did they do? Describe behaviors:**
6. Highly erratic, unusual, extreme unpredictable behaviors. **Describe client’s normal behavior and why is this behavior unusual or erratic:**
7. Dramatic mood shifts. **Describe currently what client is doing or experiencing** **that shows a shift in mood:**
8. Lack of sleep or excess sleep. **Discuss what you consider lack and/or the client’s excess sleep and the impact it has on the client:**
9. Not talking at all or talking so fast that they cannot be interrupted. **Describe what the client is currently saying or if not talking what are they doing:**
10. Responding to or talking to individuals who are not present. **Describe what & who the client is talking to and if that person is present in the room or not.**

**Please call DHS Emergency Services at 703-228-5160 with any questions or concerns or for consultation**