



BEHAVIORAL HEALTH CRISIS RISK FACTORS

RISKS

Mental health/
substance use
disorders

Personal or family history of
suicide, attempts, or self-
harm

Chronic medical health problems

Trauma history / prolonged stress/
A.C.E.s (adverse childhood experiences) /

Brain injury

Lack of social support (ex: isolation, recent loss,
death/divorce, rejection)

Financial strain/ inconsistent or lacking access to basic needs

TRAUMA-INFORMED
MENTAL HEALTH LITERACY
FOR T.E.M.S. PROVIDERS

WHAT ARE **RISK** FACTORS?

DYNAMICS OF AN INDIVIDUAL'S
LIFE THAT MAY CONTRIBUTE TO
CREATION OF THE CRISIS STATE.
THINK OF RISK FACTORS AS
YELLOW FLAGS, AS COMPARED TO
RED FLAGS WHICH ARE BEHAVIORS
THAT INDICATE AN ACTIVE CRISIS
STATE*

*Red flags are warning signs of active
crisis in which an individual is a danger to
self or others, and requires immediate
intervention to return to safety.