

Crisis Intervention In Mental Health Nursing

- ✓ Meaning
- ✓ Challenges
- ✓ Goals
- ✓ Role of Nurse
- ✓ Steps



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What is Crisis Intervention MHN?

- **Short-term, immediate help** given to a person in crisis, Reduce stress, Provide emotional support and Help the person return to normal functioning
- Used in **mental health nursing** to prevent long-term psychological harm.



Goals of Crisis Intervention

- **Immediate safety** (prevent harm).
- **Reduce anxiety & stress.**
- **Help patient understand the crisis.**
- **Restore emotional balance.**
- **Refer for long-term help if needed.**



Steps in Crisis Intervention (Robert's 7-Stage Model)

1. **Assess the situation** (danger, emotions, support).
2. **Build trust** (be calm, kind, non-judgmental).
3. **Identify the problem** (what caused the crisis?).



Steps in Crisis Intervention (Robert's 7-Stage Model)

4. **Explore feelings** (let the patient express emotions).
5. **Generate coping strategies** (discuss solutions).
6. **Implement a plan** (take small steps to recover).
7. **Follow-up** (check progress, refer if needed).



Techniques Used in Crisis Intervention

- **Active listening** (nodding, eye contact).
- **Reassurance** (calm words like "I'm here for you").
- **Problem-solving** (help find solutions).
- **Relaxation techniques** (deep breathing, meditation).
- **Distraction** (engaging in simple activities).



Role of a Mental Health Nurse

- **Listen actively** (show empathy).
- **Ensure safety** (stop self-harm or harm to others).
- **Provide emotional support.**
- **Refer to specialists** (psychologist, psychiatrist).
- **Educate family** on how to help.



Common Mistakes to Avoid

- **Ignoring the patient's feelings.**
- **Giving false promises** ("Everything will be fine").
- Don't blame or criticize the person
- **Not following up** (patient may feel abandoned).
- Don't talk too much about yourself



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