



Milpitas Police Department

*Dennis Graham
Chief of Police*

PRESS RELEASE

EMOTIONAL CRISIS AWARENESS

The Milpitas Police Department continues to serve as an emergency resource for individuals in emotional crisis.

Traditional stresses like the death of a loved one, the end of a romantic relationship, change in employment, or moving are likely to be taxing on a person's emotional well-being. Recent economic recession, job loss, and financial hardships have added to or heightened the effect of everyday stress many in our community currently experience.

A great number of disturbances and police calls for service involve, at their root, an individual in crisis. The Milpitas Police Department encourages individuals, family, friends, peers, and colleagues to reach out and report crisis events early – before situations escalate to the point that a person has opportunity to harm themselves or others.

We especially encourage people to be mindful and pay attention to youth displaying signs of emotional crisis and/or depression. Without the advantage of longer life experience and the completion of emotional development, young people frequently experience unrestricted emotional reactions to life events and are more susceptible to feelings of isolation in times of crisis. Isolation may lead to hopelessness. Hopelessness can lead to suicide attempts.

Know the signs and symptoms of emotional crisis and threats of suicide:

- Low energy
- Losing interest in things a person used to enjoy
- Loss of or difficulty with concentration
- Finding it difficult to be positive
- Irritated at others
- Criticism
- Lack of self-esteem
- Isolation
- Use of drugs or alcohol to escape
- Any dramatic change in behavior
- Statements about wishing one had never been born or wants to die

If you or someone you know appears to be depressed, in an emotional crisis, or is considering suicide contact the police by calling 9-1-1, call a suicide crisis line, mental health department, family service agency, counselor or clergy.



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Local resources in Santa Clara County include but are not limited to:

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| EMQ Children & Family Services | 408-379-9085 or 877-41-CRISIS |
| Emergency Psychiatric Services at VMC | 408-885-6100 |
| Suicide and Crisis Center (Toll Free) | 855-278-4204 |
| Contact Cares Crisis Line | 408-850-6125 |
| Center for Living with Dying | 408-243-0222 |
| Alum Rock Counseling Center | 408-294-0500 or 24/7 Crisis Line 408-294-0579 |

By: Officer Trish Young-Orth
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