

Psychological Crisis



A psychological crisis exists when an individual is threatening to harm to himself/herself, others or is out of touch with reality because of a drug reaction or psychosis.



A *major* personal psychological crisis always requires the intervention of trained personnel. Public Safety personnel (In Nuuk, Greenland it is at the emergency centre at Droning Ingrid's Hospital (also called SANA) should immediately be contacted in situations requiring medical or peacekeeping intervention (Always open).



Counselling Centre personnel can be contacted for consultation or assistance in resolving the situation, but are not be available all hours here en Greenland.



Less severe psychological crises may involve uncontrolled crying, feelings of panic, or anger/yelling (without indications/threats of physical harm). If the psychological crisis resolves quickly in response to attention and kindness, no intervention of professional counsellors or officers may be necessary. Plans for follow-up support should be put in place (i.e., a follow-up conversation, a referral to counselling, an action-plan should the situation become acute again, etc.).



If the crisis does not resolve, or escalates, follow the guidelines above for a major psychological crisis.

For further Psychological assistance please contact:

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