Psychological Crisis/Suicide Threat

A psychological crisis exists when someone is threatening harm to themselves or others, or is out of touch with reality. The crisis may be manifested as paranoia, extreme anger, sadness, agitation, hallucinations, delusions, uncontrollable behavior, and/or complete withdrawal.

If you come into contact with someone experiencing a psychological crisis that appears to be potentially dangerous do NOT attempt to handle the situation alone. These dangerous situations could include aggressive behavior, hostility, possession-seeking of a weapon, threatening actions, or otherwise unmanageable.

If someone is contemplating suicide:

- Remain calm and encourage others do the same.
- If the threat is immediate or imminent, call ODU Police Department at 757-683-4000 or 9-1-1.
- Try to provide a safe, quiet, secure place for the individual.
- Maintain a straightforward, supportive attitude.
- Remind them they are not alone.
- Do not minimize their concerns.

If counseling assistance is needed you may contact:

Counseling Services

1526 Webb University Center
Norfolk, VA 23529
757-683-4401 (office)
757-683-3565 (fax)