



People who are mentally disturbed or in crisis situations

Definitions

Updated: May 29, 2019

What is a crisis?

It is a state of intense psychological distress causing a loss of balance. When in crisis, individuals are unstable and unpredictable. They have trouble dealing with the problem, functioning and regaining control. Generally, individuals are mentally disturbed during a crisis, destabilizing them in the short, medium or long term. There are several reasons for a disturbed mental state, such as temporary or situational problems, mental or intellectual deficiencies, or intoxication. Physical diseases such as Alzheimer's or uncontrolled diabetes may also have an impact on mental health.

What is a disturbed mental state?

Individuals who are mentally disturbed may be in distress. They may or may not be in a crisis situation, and their conscience may be altered regardless of the underlying cause. Their actions are very unusual, and their behaviours can continue over time. These individuals have trouble functioning. A disturbed mental state may be caused by an exceptional situation or event, such as death or an undiagnosed or untreated mental or physical ailment. Major depression is a common cause.