

Discomfort is Not Danger

Feeling overwhelmed, sad, or anxious at times is completely normal. Understanding the difference between everyday stress and a mental health crisis helps you choose the right way to take care of yourself and identify which resources are best for different situations.



Everyday Stress



Mental Health Crisis



What it feels like

Overwhelmed, tired, anxious about grades, sad after a breakup, frustrated with family or friends.

Hopeless, trapped, completely detached from reality, or having thoughts of suicide/self-harm.



How long it lasts

It comes and goes. It usually eases up after an exam ends, you get some sleep, or you vent to a friend.

Persistent and unrelenting. It lasts for weeks without any breaks or improvement.



Impact on your day

You feel uncomfortable or lack motivation, but can still eat, attend most classes, and talk to people.

Total functional shutdown. You cannot get out of bed, stop crying, eat, or sleep for days at a time.



What fixes it

Lifestyle adjustments: better sleep, taking a break, time management, or talking to a peer.

Professional, immediate clinical intervention or emergency medical services .



Next steps

Contact BayCare via phone, email or web during normal business hours for crisis and non-crisis support:

- Monday–Friday, 7:30am–6:00pm
- (800) 878-5470
- BayCareSAP@baycare.org
- Confidential Intake Form

Common issues to address during normal business hours:

- How to begin therapy
- Talk through a challenging circumstance
- General mental health needs

Call BayCare outside of normal business hours for crisis support:

- Monday–Friday, 6:00pm–7:30am
- Saturday & Sunday, 24/7
- (800) 878-5470
- You can also call 988 or go to your nearest emergency room

Issues to address after normal business hours and weekends:

- You are having thoughts of suicide, self-harm, or harming someone else
- You have recently experienced domestic violence or sexual assault