

Guidelines for Referral

Crisis Response Training will increase your ability to recognize and respond to psychological symptoms that can emerge from traumatic incidents or prolonged stress. However, this training will not equip you to make professional diagnoses or to provide psychological treatment. When you have reason to believe that a person is experiencing emotional, cognitive, or interpersonal symptoms that go beyond the normal reactions to stress or trauma, always consult with a clinical counselor about your concerns and make a referral if the clinical counselor says it is needed.

When to refer to a clinical counselor

- Any suicidal thoughts - URGENT
- Any thoughts of hurting others - URGENT
- Indication that children are being neglected - URGENT
- Symptoms that significantly interfere with ability to live, work, care for themselves, and family, or sustain relationships with others - URGENT
- Symptoms that go beyond common reactions to trauma
- Insomnia that does not improve with behavioral methods
- Self-mutilation
- Addictions or other self-destructive behaviors (e.g., alcohol, pornography, drugs)
- Eating disorders
- Possible diagnoses of depression, anxiety, post-traumatic stress disorder, bipolar, or psychosis
- Trauma with high risk for PTSD such as sexual assault, murder or suicide of a loved one, assault in which life was seriously threatened, trauma involving significant impact on children

When to refer for a medical evaluation

- Severe impairment of functioning (work, family, social)
- Ongoing, severe insomnia
- Questions regarding medications
- Current medical symptoms
- Symptoms of depression, anxiety, or psychosis (in some cases, these symptoms are caused by a medical condition)

Finding clinical providers

Peer responders will do well to develop a network of clinical providers for referrals prior to traumatic events. Developing these contacts will increase your ability to make appropriate referrals. Be aware that a person's organization may prefer to use their own consultant or to send the person to their home country for care.