Montesano Psychological Center Urges Illinois Residents to Recognize Mental Health Crisis Warning Signs

ANTIOCH, IL, UNITED STATES, September 9, 2026 /EINPresswire.com/ -- As September's National Suicide Prevention Month approaches, Montesano Psychological Center is encouraging Illinois residents to recognize the warning signs that someone may be experiencing a mental health crisis and to understand where they can turn for immediate support.



Sometimes, simply starting the conversation can be the first step toward getting someone the support they need.

Suicide Prevention Month provides an opportunity to move beyond awareness and have meaningful conversations about mental health, emotional distress, and the importance of seeking help early. While a mental health crisis can affect anyone, recognizing changes in behavior, mood, or functioning can help family members, friends, and loved ones identify when additional support may be needed.

> Therapy can also be a proactive step for people who recognize that something isn't working and want support making a change."
>
> *Dr. Liara Montesano*

Recognizing Potential Warning Signs

There is no single sign that indicates someone is at risk for suicide. However, significant or sudden changes in a person's behavior or emotional state can warrant concern, particularly when several warning signs occur together.

Potential warning signs may include:

- Expressing feelings of hopelessness, helplessness, or being a burden to others
- Talking about death, dying, suicide, or feeling that life is not worth living
- Withdrawing from friends, family, work, school, or activities they previously enjoyed

- Significant changes in mood or behavior
- Increased anxiety, agitation, anger, or emotional distress
- Changes in sleeping or eating patterns
- Giving away possessions or putting personal affairs in order
- Increased use of alcohol or other substances
- Experiencing a significant loss, relationship change, trauma, or other major life event


Sometimes, being there and starting a conversation can make all the difference.

"People don't always directly say that they are struggling," said Dr. Liara Montesano, founder of Montesano Psychological Center. "Sometimes changes in behavior or the way someone talks about themselves and their future can be an indication that they need support. Taking those changes seriously and starting a conversation can be an important first step."


You don’t have to wait for a crisis to decide that you deserve support.

What to Do When Someone May Be in Crisis

If someone appears to be experiencing an immediate mental health crisis or is at risk of harming themselves, professional crisis support should be contacted rather than relying solely on family or friends.

The 988 Suicide & Crisis Lifeline provides free, confidential support by phone, text, and online chat. People can contact 988 when they are experiencing suicidal thoughts, emotional distress, or a mental health crisis, as well as when they are concerned about someone else.

If there is an immediate danger or a life-threatening emergency, individuals should call 911 or go to the nearest emergency department.

Suicide Prevention Month is also an opportunity to recognize that mental health support does not have to begin with a crisis.

Seeking Support Before a Crisis

Therapy can provide an opportunity for individuals to address mental health concerns before they develop into a crisis. Conditions such as depression, anxiety, trauma, and other mental health challenges can affect a person's ability to function, maintain relationships, work, or manage everyday responsibilities.

Montesano Psychological Center provides virtual therapy throughout Illinois for adults and teens experiencing a range of mental health concerns, including depression, anxiety, ADHD, trauma and PTSD, OCD, panic attacks, grief, life transitions, and relationship challenges.

The practice's virtual model allows Illinois residents to meet with a licensed therapist without traveling to a traditional office. Montesano Psychological Center also offers therapy in English, Spanish, and Hindi, providing additional options for individuals seeking care in their preferred language.

"Seeking therapy doesn't mean someone has reached a crisis point," said Dr. Montesano. "Therapy can also be a proactive step for people who recognize that something isn't working and want support making a change."

Starting the Conversation
For friends and family members concerned about someone else's mental health, starting a conversation can feel uncomfortable. A person does not need to have the right words or provide solutions. Listening without judgment, expressing concern, and helping connect someone with appropriate professional resources can make it easier for that person to seek help.

Suicide Prevention Month serves as an annual reminder that conversations about mental health should continue throughout the year.
Montesano Psychological Center provides 100% virtual therapy throughout Illinois and offers a free 10-minute consultation for individuals interested in learning more about therapy and determining whether the practice may be a good fit.

For more information, visit montesanopsych.com or call (224) 603-2058.

About Montesano Psychological Center
Montesano Psychological Center is a mental health practice providing personalized, evidence-based virtual therapy to adults and teens throughout Illinois. The practice offers individualized care for concerns including anxiety, depression, ADHD, trauma, PTSD, OCD, panic attacks, grief, relationship challenges, and life transitions. Therapy is available in English, Spanish, and Hindi.

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