



# **Crisis: How to Help Yourself and Others in Distress or Danger**

*Lee Ann Hoff*

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# Crisis: How to Help Yourself and Others in Distress or Danger

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## **Crisis: How to Help Yourself and Others in Distress or Danger** Lee Ann Hoff

Unlike books focusing on a single crisis topic, *Crisis* helps recognize common signs of endangerment across a range of life challenges by showing the interconnections between various harmful events. Through media coverage of school shootings, suicides, domestic abuse, workplace violence, and more, we've become accustomed to hearing about violence and trauma-almost invariably followed by reports that show all of the warning signs that were missed. While it is impossible to predict when, where, and with whom a crisis will occur, we do have the means to be better equipped to intervene in stressful situations before they tip over into a crisis. Important preventative information is readily available, and this book better prepares us to take appropriate responsive action. Often a crisis is the result of a critical life event; whether or not a life-changing event turns into a crisis depends on the type, timing, and interpretation of the event, the person's life cycle development phase, history of healthy coping, and available timely support. In sum, Lee Ann Hoff illustrates how to recognize crisis as both danger and opportunity. The more we know about how to spot a potential crisis and what to do, the more likely distressed persons will get the help they need.

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