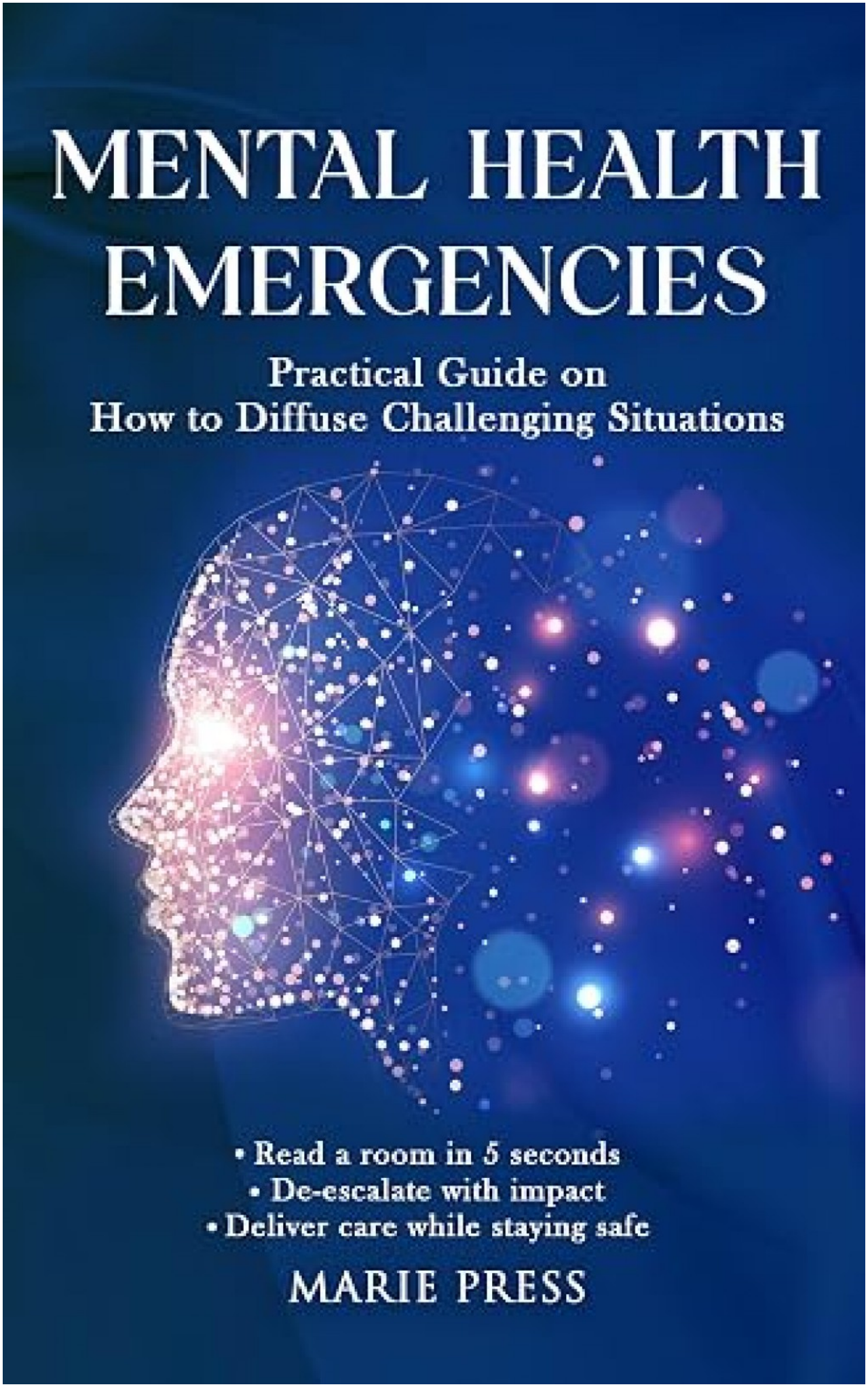
Marie Press Empowers Readers to Navigate Mental Health Emergencies with Confidence and Compassion

A Practical Field Guide Equips Healthcare Professionals and Everyday Individuals with Essential Skills to Navigate Mental Health Emergencies


MENTAL HEALTH EMERGENCIES
Practical Guide on How to Diffuse Challenging Situations
• Read a room in 5 seconds
• De-escalate with impact
• Deliver care while staying safe
MARIE PRESS

Tomah, Wisconsin Nov 24, 2026 (Issuewire.com) - Mental health crises can happen anywhere, often when people least expect them. Whether in a healthcare facility, workplace, airplane, or at home, knowing how to respond with confidence, empathy, and the right skills can make a meaningful difference. In her book, *Mental Health Emergencies*, author Marie Press offers a practical and accessible field manual designed to help individuals recognize, manage, and respond effectively to challenging mental health situations.

Unlike traditional textbooks, *Mental Health Emergencies* focuses on practical, repeatable actions that readers can apply in real-life situations. The guide challenges outdated approaches and addresses the uncertainty and fear that often accompany mental health crises. Through clear guidance, it introduces readers to rapid assessment techniques, effective de-escalation language, practical safety measures, and proper documentation protocols.

Although written with frontline healthcare professionals in mind, the book extends its value beyond clinical settings. Nurses, clinicians, students, retail workers, airline crew members, parents, friends, and colleagues can all benefit from its straightforward approach. It aims to equip anyone who may encounter someone experiencing a mental health crisis with the knowledge and confidence to respond appropriately while maintaining dignity, compassion, and integrity.

Drawing on her extensive professional experience as a nurse, Clinical Nurse Consultant, manager, and university lecturer, Marie Press brings valuable insight into the challenges of addressing mental health concerns across different healthcare disciplines. Through years of training and working alongside health professionals, she recognized a significant gap in understanding mental health conditions, particularly among general healthcare practitioners.

Motivated by both her professional background and personal experiences, Press wrote this guide to make mental health crisis management more understandable and accessible. Her goal is to provide practical explanations and guidance that can support healthcare professionals, students, caregivers, and individuals living with or supporting someone experiencing mental health challenges.

As the Christmas season approaches, the importance of mental health awareness becomes even more significant. While the holidays are often associated with celebration and togetherness, they can also bring emotional challenges and increased vulnerability for some individuals. Press encourages readers to become more aware, prepared, and willing to support those who may be struggling.

Her message to readers is simple yet powerful: **"Get behind mental health, because mental health is real. Remember, empathy, not sympathy."** She also highlights that one in seven people will experience mental health difficulties at some point in their lives, emphasizing the importance of awareness, understanding, and compassionate action.

In support of mental health advocacy, Marie Press has also committed to donating **$5 from every hardcopy book sold** to a mental health charity, extending the book's purpose beyond education and into meaningful community support.

With *Mental Health Emergencies*, Marie Press hopes to help replace fear and uncertainty with

knowledge, compassion, and practical skills. Whether readers are healthcare professionals or simply individuals who want to be there for someone in need, this guide offers an important reminder that the right response can make a difference.

Mental Health Emergencies by Marie Press is available on Amazon.

Get your copy here:
https://www.amazon.com/Mental-Health-Emergencies-Challenging-Situations-ebook/dp/B0GTK93JGB

The Spotlight Network on Mental Health Emergencies by Marie Press: https://www.youtube.com/watch?v=jzh-0VqbI7M



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