



TIMEOUT-What Is a Crisis?

Evaluation

1. What is a crisis?

- a/ A time of intense difficulty, danger or trouble
- b/ An emotionally stressful event or traumatic change
- c/ A time when a difficult or important decision is made
- d/ All of the above

ANSWER = D

2. True or False

A crisis can affect lots of people but how someone copes, and recovers is unique to them?

3. Where can I go for help?

- a/ A trusted friend or family member
- b/ A Doctor
- c/ A counsellor/psychologist
- d/ All of the above

4. What did you gain from this training?

5. What rating would you give this training out of 10?