



The First 72 Hours

Loving Someone Through A Mental Health Crisis

Blurb

When someone you love is in crisis, you don't get a manual. You get messages. Silence. Fear. And the pressure of making the right choice when you don't know what the right choice is. *The First 72 Hours* is a raw, real-time account of loving someone through a mental health emergency - from the perspective of the person standing nearby. Not a therapist. Not an expert. Just someone trying to be present, stay steady, and hold onto hope while everything feels like it's falling apart. This book is for anyone who has ever supported someone in darkness and wondered: Am I helping... or am I making it worse? Honest, heartbreaking, and ultimately hopeful, *The First 72 Hours* reminds us of one truth: you don't have to be perfect to be present. A. J. Turner writes from lived experience at the intersection of love, crisis, and recovery. *The First 72 Hours* is his debut memoir and a tribute to the power of presence, compassion, and hope.

Author A J Turner, **Genre** Memoir, **Date** January, **Formats** Paperback and ebook, 50 pages (Paperback)

Available at Amazon [HERE](#) (Paperback) and [HERE](#) (ebook).

Notes

*What do you do when the person you love is in a crisis you can't fix? In *The First 72 Hours*, I share my raw, firsthand reflection on navigating a mental health emergency from the perspective of the person "staying." I explore the confusion, the fear, and the quiet grief that comes with supporting someone in distress. I wrote this to be a bridge between total helplessness and professional intervention for anyone who is staying, even when they don't know how.*