

Section 5: Crisis Planning

A. My Crisis Plan¹



Top numbers you can call:

<p>When you are in crisis, or having thoughts about killing yourself: National Suicide Prevention Lifeline 1-800-273-TALK (8255)</p>	<p>For physical emergencies or if you are attempting suicide: 911</p>	<p>To call the police when it is not an emergency (local number, not 911): <input type="text"/></p>
<p>For support from friends and family during a crisis (e.g. suicidal thoughts, self-harm, inability to manage feelings):</p>	<p>Name: <input type="text"/></p> <p>Phone: <input type="text"/></p>	<p>Name: <input type="text"/></p> <p>Phone: <input type="text"/></p>

Transitioning between care settings can be stressful. It may trigger symptoms and feelings. These can lead to a crisis. After you have moved home or to another facility, you may record information in this tool. This information may help you, your supportive individuals, and your care team in case you experience a change in your symptoms or feel stressed. Taking time to record this information will help you during future care transitions.

Please write down important strategies and thoughts that would help you in a crisis and would help others understand how best to help you:

<p>Things I like to do when I am well that can help me stay well. These are also called self-care strategies. Examples: taking a walk, calling a friend or peer support, listening to music, exercising, eating healthy foods, attending Fellowship meeting</p>	
<p>Reasons life is worthwhile and recovery is important Examples: making friends, being with family, getting a new home and new job, volunteering, hoping for better health and future, faith and spirituality</p>	
<p>Things people can say to me that are calming and reassuring when I am not doing well Examples: you are loved and respected, things will get better soon, you are not alone</p>	

¹ Adapted from the Depression and Bipolar Support Alliance resource, "Plan for Life Sample".

Please write down important strategies and thoughts that would help you in a crisis and would help others understand how best to help you:

Comfort items which calm me when I am upset

Examples: a certain picture, book, stuffed animal, blanket, necklace

Things that might make me feel stressed and trigger an increase in symptoms or an episode of illness

Examples: life events, travel, physical illness, or work stress, negative thinking, isolating myself

Warning signs

Examples: talking very fast, lack of sleep or too much sleep, slowed movement, problematic alcohol or drug use, suspicion of others, social isolation or not reaching out

Things people should do to help me in a crisis

Examples: take away car keys, lock up anything dangerous such as weapons or medications, come over to visit, bring me a meal, call me on the phone, call my treatment provider, take me to a meeting

Ways people can communicate with me

Examples: explain things, talk slowly, observe personal space, write things down for me, just be with me

What I do when I am getting worse

Examples: who to call, place I need to go

Things I can do if things feel and look very bad, or I begin to think about harming or killing myself

Examples: helpful activities, who to call, review crisis plan, review my advance directive, go to nearest emergency room