

ADHD Crisis & Safety Plan

Map out actions, supports and urgent contacts for high-stress moments.

Warning signs to notice

- [] Physical: racing heart, shallow breathing, clenched jaw, headaches.
- [] Thinking: catastrophising, "all-or-nothing" thoughts, mental blankness.
- [] Behaviour: door slamming, disappearing, doom-scrolling, impulsive spending.
- [] Social: withdrawing from friends, ignoring calls, arguments at home.

My coping tools

List tools that have worked before. Include sensory aids, scripts, routines and people who can co-regulate with you.

- Breathing or grounding exercises that feel achievable (e.g., 4-2-6 breathing, cold water splash, weighted blanket).
- Movement resets (walk around block, star jumps, dancing to one song).
- Scripts for internal dialogue: "This is a surge, it will pass. I can call ____."
- Emergency distractions that are safe (puzzle app, calming video playlist).

People + services to contact

1. _____ Phone _____

2. _____ Phone _____

GP / Primary Care: _____

Local urgent mental health line: _____

Emergency services (UK): Call 999 - NHS 111 (option 2) for urgent mental health support.

If a crisis escalates...

Share these instructions with trusted supporters so everyone knows the plan.

- Remove immediate dangers (medication, sharp objects) and stay with the person if safe.
- Use calm, direct language. Offer choices ("Do you want water or the blanket?").
- Contact emergency services if there is risk of harm to self or others.
- After crisis, debrief gently and update this plan with what helped.