

## Crisis, Relapse and Contingency Plan


This plan has been discussed with (person in use of services)



On



Give a brief summary - Describe how your condition affects you and if possible provide your diagnosis:



List things people can do that help when in distress:



List things that are not helpful when in distress:



All of our buildings and grounds are smokefree areas. If you smoke, please give a brief description of any support e.g. nicotine replacement that you would have in place should you be admitted to an inpatient environment and any thoughts on how we can help you.



I give permission for you to work with my Carer to support me to talk in a crisis

Enter name of Carer



### Who will be caring for any dependent children?

- \* Full names and check the contact number is up to date
- \* Include any other people you care for, such as a parent
- \* List the names and type of pets you are responsible for



### Relapse Indicators / Warning Signs

Please consider the following:

Triggers - What acts as a trigger to a chain of events that may lead to a crisis? Eg. write the date of significant anniversaries, contact with particular individuals

Misuse of prescribed medication, use of illegal substances or alcohol misuse



Early warning - What are the signs of possible relapse?



- \* How do the warning signs present?
- \* What effects do early warning signs have on your behaviour?
- \* What would people notice that is different?



### Contingency Plan

How can you reduce the impact of these triggers?

Include strategies learned in past / current therapy programmes



List helpful coping strategies, being mindful to note which are effective at different levels of distress

- \* What activities tend to make you feel better?

\* Is there somewhere you could go to be with others and help reduce negative thoughts?

\* Who are you going to call and what would be useful to you? (What is their phone number?)  
(Do these match your priorities in a crisis situation?)

Can you see yourself taking each of the actions identified?

Is there a Self - Directed Support (SDS) package in place?

Do you think this plan will help you manage a crisis better in the future?