

## Crisis Plan

### What am I like when I am well?

What am I like when I am well?

### What are the early signs that things are starting to go wrong for me?

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### What can I do or what help do I need when things are starting to go wrong?

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### What are the signs that I am in crisis?

What are the signs that I am in crisis?

### What can I do or what help do I need when I am in crisis?

What can I do or what help do I need when I am in crisis?

### Other's views

Other's views

### SLaM Crisis Line Number 08007312864

#### Contacts

Care Coordinator	Florence Nightingale	Early Intervention Service / 020 3210 0123
Consultant	Consultant	Crisis Team
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