

My Crisis Plan

Name:

Date:

This crisis plan will help remind you what is helpful to do in a crisis. When you are in a crisis you will come across professionals and others who do not know you. This plan will help them to respond in the most helpful way to you.

What am I like when I am feeling well?

Indicators that things are breaking down for me and a crisis is looming / Early Warning signs

Indicators that I am in a crisis

What I can do that is helpful to me when I am in crisis? (this will include skills or strategies learned or individual strengths).

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What I have not found helpful when I am in a crisis? (list and give reasons)

[illegible]

Support From Others : What other people can do that is helpful to me when I am in crisis? e.g. increased levels of contact, family and friends, someone looking after my children, prescribing specific medication, support from the Acute Mental Health Team, admission to hospital .

[illegible]

Things I (and my team) think have helped me to stay safe and well (list and give reasons)

Signs I am no longer in crisis
