



A Journey to You...LLC

Crisis Plan

Please indicate the county where you currently reside: _____

Crisis is defined as the following: "The consumer is actively endangering him/herself or others, the situation has escalated to require the immediate intervention of multiple professional and family members, and the situation has, by definition, long-term consequences."

I, the client, have discussed with A Journey to You...LLC staff my safety and any issues related to possible harm to myself or others. I understand that I am personally responsible for my safety. My crisis plan includes the following (please check of at least one option, if you select the third option, we will need **2 full names and phone numbers**):

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I will contact A Journey to You staff.

PLEASE NOTE: Office hours are from 8:30AM to 5:00PM Monday-Friday. While we make every effort to return your call, we cannot guarantee a returned call after hours. If you do not receive a call back after leaving a message, please call 988.

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I will call Centre Helps at (800) 494-2500

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I will contact one of the following two reasonable, adult, friends or family members. (please indicate names and phone numbers below.)

Name

Phone Number

Name

Phone Number

You may download a copy of this document at the time of signing for your own records or contact the office at any time for a copy.

I, the client, agree that by signing this Crisis Plan, I understand the meaning of this crisis plan, including the need to contact the individuals named above if I have thoughts of hurting myself or others.

X