

Crisis Plan Template

Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

1. _____
2. _____
3. _____

Internal coping strategies – Things I can do MYSELF to take my mind off crisis (relaxation technique, exercise):

1. _____
2. _____
3. _____

People and settings that provide support or calm:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Place _____
4. Place _____

People whom I can ask for help:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____

Professionals or agencies I can contact during a crisis:

1. Clinician Name _____ Phone _____
Clinician Pager or Emergency Contact # _____
2. Clinician Name _____ Phone _____
Clinician Pager or Emergency Contact # _____
3. Local Urgent Care Services _____
Address _____
Phone _____
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

Making the environment safe:

1. _____
2. _____

The one thing that is most important to me and worth living for is:
