

Crisis Management Plan

A crisis is when we reach our breaking point may not be able to help ourselves. A crisis is when we may need to call on others for help. We all deserve to have a plan that can help keep us safe.

Warning Signs

What are some warning signs that happen before you experience a crisis?

- What are my thoughts?

- What do I see?

- How do I feel?

- What situation am I in?

- What's going on in my body?

Removing Harmful Objects

What objects do you grab, that may be harmful when you're in a crisis?

List the object(s) here:

How can you remove or protect yourself from these items?

Crisis Coping Skills

What are some things you can do to help you when you're in a crisis?

- I can REMOVE myself
- I can REDIRECT MY FOCUS
- I can LEAN ON OTHERS
- I can practice MINDFULNESS
- I can COUNT to 10
- I can PLAY ON MY PHONE
- I can FLICK a rubber band on my wrist
- I can HOLD an ice cube to my body
- I can SPLASH cold water on my face

What Coping Skills Work for ME?

I can _____
I can _____
I can _____
I can _____
I can _____

Let Others Do the Work

Who can you rely on when you are in a crisis?

Friends & Family

Name: _____

Phone: _____

Address: _____

What's the best way to contact this person?

What do I need from this person?

Name: _____

Phone: _____

Address: _____

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What do I need from this person?

Urgent Care/Emergency Room

Name: _____

Phone: _____

Address: _____

Mental Health Professional

Name: _____

Phone: _____

Address: _____

National Contacts

Suicide Prevention Lifeline Phone: 1- 800-273-TALK

Trevor Hotline/Chat (LGBTQ Specific): 866 -488 -7386

GLBT National Youth Talk line: 800- 246-7743

National runaway safe line: 800- 786-2929

True Colors United (homelessness): 212- 461- 4401

Domestic Violence Hotline: 800-799-7233

Pride Institute (Chemical dependency): 800 -547-7433

Rape Abuse/Incest National Network: 800-656- HOPE

Reasons You Can Get Through This

What motivates you to live?

What is MY reason to live?

Something that makes me happy is...

Who would miss me or be sad if I weren't here?

Things I would miss out on if I weren't here...

I'm committing to MY plan

My Signature

____/____/____
Date