

# Crisis Planning

If you've experienced a mental health crisis in the past, you may want to plan ahead in case a crisis happens again. Planning ahead can help make sure your preferences are known and honored during the crisis, and may also help interrupt things before they get to a crisis level.

Here is a simple crisis plan you can use...

Signs that I may be in crisis:

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People I can reach out to when I am feeling this way:

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Things that I can do that help me when I am feeling this way:

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Things that other people can do that help me when I am feeling this way:

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Treatment or support that may be helpful for me during this time:

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Treatment or support that will not be helpful for me during this time:

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Other instructions that I have during this time:

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