

# Resources for Wellness and Crisis Planning

## Wellness Recovery Action Plan

Wellness Recovery Action Plan (WRAP) is a wellness process that anyone can use. It helps you figure out what you need to do to stay well, and how to plan for a crisis. You can create a WRAP on your own, or with help from people in your support network.

### WRAP Info Center

WRAP books, workbooks, the WRAP App, articles, webinars, and more

[www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

## Mad Maps

Mad Maps are documents that we create for ourselves as reminders of what is important to us, our personal signs of struggle, and our strategies for self-determined well-being. With Mad Maps, you record the lessons you've learned during hard life experiences so that you can avoid making the same harmful mistakes again.

### Madness & Oppression: Paths to Personal Transformation & Collective Liberation

Drawing from the input of Icarus Project community members, this guide, examines the intersections of oppression and mental health struggles and takes you through the process of creating your own personal wellness document.

[www.theicarusproject.net/wp-content/uploads/2017/10/MadnessAndOppressionGuide-compressed.pdf](http://www.theicarusproject.net/wp-content/uploads/2017/10/MadnessAndOppressionGuide-compressed.pdf)

### Mapping Our Madness: A Workbook for Navigating Crisis, Extreme States, or Just Foul Moods

This zine is full of resources, suggestions, and workbook pages to fill in to create a mad map of how to recognize and navigate oncoming personal crisis.

[freakoutcrazy.files.wordpress.com/2012/02/mappingmadness.pdf](http://freakoutcrazy.files.wordpress.com/2012/02/mappingmadness.pdf)

## Other Wellness Planning Resources

### Creating a Healthier Life: A Step by Step Guide to Wellness

Ideas for improving wellness, from a holistic perspective.

<https://store.samhsa.gov/system/files/sma16-4958.pdf>

### Making a Self Care Plan

Tips for making a simple self care plan.

[www.socialworktech.com/2011/05/25/making-a-self-care-plan/](http://www.socialworktech.com/2011/05/25/making-a-self-care-plan/)

### Pods and Pod Mapping

This is a useful tool for thinking about who your trusted supporters are.

[www.batjc.wordpress.com/pods-and-pod-mapping-worksheet/](http://www.batjc.wordpress.com/pods-and-pod-mapping-worksheet/)

### Self Care Wheel

This is a great tool for thinking about your whole self.

[www.olgaphoenix.com/key-offerings/self-care-wheel/](http://www.olgaphoenix.com/key-offerings/self-care-wheel/)

## Crisis Plans

A crisis or safety plan is a tool to help you plan for when you are not doing well. It's something that you create for you and anyone you want to share it with. Both WRAP and Mad Maps include crisis planning, but you can also create a stand-alone crisis plan.

### A New Kind of Safety Plan

A simple safety plan for recording your personal crisis warning signs, what you can do to stay safe, and who can help during this time.

[www.socialworktech.com/2017/05/16/safety-plan/](http://www.socialworktech.com/2017/05/16/safety-plan/)

### Safety Plan ideas and Template

Ideas for what to include in a safety plan, and a safety plan template

[www.suicidepreventionlifeline.org/help-yourself/](http://www.suicidepreventionlifeline.org/help-yourself/)

## Psychiatric Advance Directives

Psychiatric Advance Directives (PADs) are documents that you can use to specify your preferences for mental health care during times you are not able to give consent.

### Navigating Crisis

Key things to think about when you are dealing with mental health crisis.

[www.theicarusproject.net/wp-content/uploads/2016/08/IcarusNavigatingCrisisHandoutLarge05-09.pdf](http://www.theicarusproject.net/wp-content/uploads/2016/08/IcarusNavigatingCrisisHandoutLarge05-09.pdf)

### Psychiatric Advance Directives: Forms to Prepare

Information about psychiatric advance directives (PADs) and a PAD template.

[www.bazelon.org/wp-content/uploads/2017/04/PAD-Template.pdf](http://www.bazelon.org/wp-content/uploads/2017/04/PAD-Template.pdf)

## Other Crisis Planning Resources

### A Journey Toward Health and Hope: Your Handbook for Recovery After a Suicide Attempt

Guides people through the steps toward recovery after a suicide attempt. It includes personal stories from survivors, and strategies for recovery.

<https://store.samhsa.gov/system/files/sma15-4419.pdf>

### Navigating a Mental Health Crisis

Provides information about what can contribute to a crisis, warning signs that a crisis is emerging, strategies to help deescalate a crisis, available resources and more.

<https://www.nami.org/About-NAMI/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis/Navigating-A-Mental-Health-Crisis>

### Nurturing Oneself During An Experience of Depression

Wellness practices and ideas for before and during an emotional crisis.

[www.power2u.org/wp-content/uploads/2017/01/nurturing-oneself-1.pdf](http://www.power2u.org/wp-content/uploads/2017/01/nurturing-oneself-1.pdf)

### Responding to Emotional Crisis

Tips for caregivers and loved ones of people who are experiencing an emotional crisis.

[www.power2u.org/responding-to-emotional-crisis/](http://www.power2u.org/responding-to-emotional-crisis/)

**Hello Cruel World: 101 Alternatives to Suicide for Teens, Freaks, and Other Outlaws, by Kate Bornstein**

This book offers an unconventional approach to life for those who want to stay on the edge, but alive. It includes personal and unorthodox methods of survival in an often cruel world.

**How I Stayed Alive When My Brain Was Trying to Kill Me: One Person's Guide to Suicide Prevention by Susan Rose Blauner**

A memoir of the writer's experience with ongoing thoughts about suicide. This book also includes instructions for creating a simple crisis plan to help manage negative thinking and suggestions and strategies that may be used with the plan.

**Resources for Supporting Someone Who Is Experiencing a Crisis**

**First Contacts with People in Crisis or Spiritual Emergencies**

A practical handbook for people who are experiencing psychological, emotional and spiritual crises, and their supporters. It includes a compilation of strategies for working through the crisis.

[www.courtenay-young.co.uk/courtenay/books/HANDBOOK\\_First\\_Contacts.pdf](http://www.courtenay-young.co.uk/courtenay/books/HANDBOOK_First_Contacts.pdf)

**Helper Info: Beyond Pathology**

What you can do as caregivers and loved one of one who is experiencing an emotional crisis.

[www.power2u.org/wp-content/uploads/2017/01/Helper-Information-Beyond-Pathology.pdf](http://www.power2u.org/wp-content/uploads/2017/01/Helper-Information-Beyond-Pathology.pdf)

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This information is for educational purposes only. Contact the NAMI Mass COMPASS Helpline for additional information and resources about this topic.

call COMPASS at **617-704-6264** or **1-800-370-9085**

email COMPASS at [compass@namimass.org](mailto:compass@namimass.org)