

# Mental Health Crisis Plan

Name:		Date:
Warning signs		
Body signs or feelings that tell me a crisis may be developing		
Coping strategies or distractors		
Things I can do to help distract myself or help me feel safe		
My safe places		
Places I can go where I feel safe		
Support systems		
Friends, family, peers, or people I can reach out to for help		
Name	Phone number	Address
Professionals		
Mental health professionals and emergency services I can contact in a crisis		
Name	Contact	