

Mental Health Crisis Plan

Name	Date of Birth
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Warning Signs - Body signs or feelings that tell me a crisis may be developing

Coping Strategies - Things I can do to help myself manage the crisis

Distractions - Things I can do that will distract me and help me feel safe

Places - Places I can go where I feel safe

Support System - Friends, family, or peers I can reach out to for help

Name	Phone Number	Address

Professionals - Mental Health Professionals or Emergency Services I can contact in a crisis

Provider Name	Contact Details