

CRISIS PLAN

Triggers

What signs let you know it is time to activate the crisis plan?
(e.g.: Emotions, thoughts, behaviour, situations)

Individual Coping

What can you do, on your own, to distract yourself?
(e.g. Coping skills, activities)

Support System

Who can you call on for extra help and support? List two to three people. Include their relationship to you and phone number.

Emergency Services

What emergency services can you depend on? Be specific.
(e.g.: Suicide hotline, hospital)