

# Crisis/Safety **PLAN**

**HAVING A CRISIS PLAN IN PLACE CAN BE EXTREMELY HELPFUL IN DIFFICULT TIMES.**

During those times, it's easy to be so "in it" (or overwhelmed) that it's hard to think of who is available to help you—and to communicate what is actually helpful. After you fill out this document, keep it in a safe place and consider sharing it with a health provider, friend or loved ones.

**WHAT IS A CRISIS TO ME?** (Examples: feeling unsafe, self-harm urges, suicidal thoughts, panic attacks)

**THINGS THAT CAN LEAD ME TO A CRISIS:** (Examples: triggering events at work, school or home; relationships/social issues; health events; other triggers for suicidal/unsafe feelings)

**WHAT ARE THE TYPICAL THOUGHTS I HAVE WHEN I'M IN A CRISIS?** (Example: "I'm worthless; nobody cares; things will never get better")

**WHAT ARE THE TYPICAL FEELINGS I HAVE?** (Example: Hopelessness; sadness; anxiety)

**WHAT PHYSICAL SENSATIONS DO I NOTICE?** (Example: pounding heart; shakiness; feeling lethargic or doomed)

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**WHAT BEHAVIORS DO I CARRY OUT WHEN I'M IN A CRISIS?** (Examples: withdrawing, self-harm (cutting, substance abuse, eating issues), risk-taking)

**WHAT CAN HELP ME WHEN I FEEL LIKE THIS?** (Examples: Crisis hotline, talk to a friend, schedule an appointment with health/mental health provider, go for a walk, exercise)

**WHAT IS NOT HELPFUL, OR MAKES THINGS WORSE?** (Example: being alone, social media, being told to get over it)

**IF I'M STRUGGLING, THIS IS MY PLAN TO GET SUPPORT:** (Example: use my crisis card, call a loved one, contact a health/mental health provider. List the names of the people or places you would go to first)

**POSITIVE THOUGHTS TO REMEMBER DURING DIFFICULT TIMES** (Example: I have overcome other struggles, I am not alone, this too shall pass, I have a crisis/safety plan)

# Crisis/Safety CARD

**WHEN YOU'RE IN A CRISIS IT CAN BE HARD TO THINK CLEARLY.** Use this card to help you when you're in a bad place. Consider filling out this card as a family, school or group activity.

**HOW TO USE:**

After you fill out the card, cut it out and fold as shown. Store in a safe place such as a wallet, backpack, purse, glove box, locker, or under a magnet on the fridge.

Consider making copies for several locations, or sharing a card with loved ones or people you live with.

**DIRECTIONS FOR ASSEMBLING THE DOCUMENT**

1. Cut out the rectangle
2. Fold in half, vertically.
3. Fold on the dotted lines, making three rectangle sections. Your card should be the approximate size of a credit card.
4. Store in a safe place and/or share with others.

*Cut out this entire box:*

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## Crisis/Safety

# PLAN

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**CONTACT SOMEONE YOU KNOW TO LET THEM KNOW WHAT IS HAPPENING.**

Person 1: \_\_\_\_\_

Contact info: \_\_\_\_\_

Person 2: \_\_\_\_\_

Contact info: \_\_\_\_\_

**SEEK PROFESSIONAL HELP.**

Contact your mental health team, crisis team, or another health provider.

Team member: \_\_\_\_\_

Team member: \_\_\_\_\_

If you are not able to reach a provider, call the crisis line or go to the emergency room.

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**TALK TO SOMEONE. THE FOLLOWING SERVICES ARE AVAILABLE TO HELP PEOPLE IN CRISIS:**

Door County Crisis Hotline: 920-746-2488

National Suicide Prevention Hotline: 800-273-8255

United Way 211 (resources to help with mental health, food, domestic issues, disaster relief)

**GO TO THE EMERGENCY ROOM.**

A medical provider will offer support, and assess whether a physical issue or medication is contributing to your crisis. They will offer resources and advice for seeking help.

**CALL 911**

If you do not have a way to get to the hospital, call 911.

Never, never,  
never  
give up.

-WINSTON CHURCHILL

*Fold into three sections on dotted line*

