

Mental Health Crisis Plan

Name	Date of Birth	
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	