

# Crisis Plan

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HAVING A CRISIS PLAN IN PLACE CAN BE EXTREMELY HELPFUL IN TIMES OF DIFFICULTY.

Download or print out this document, fill it in and keep in a safe place to refer to when you need it. You may also want to share it with people who help you, such as your GP, MH team, and loved ones you might call on in a crisis.

1. **WHAT IS A CRISIS TO ME?** (e.g. feeling unsafe, self-harm urges, suicidal thoughts etc)

2. **THINGS THAT CAN LEAD TO A CRISIS:** (what experiences, situations can trigger suicidal/unsafe feelings?)

3. **WHAT ARE THE TYPICAL THOUGHTS I HAVE WHEN I'M IN CRISIS?** (e.g. 'I'm a waste of space', 'things will never get better', 'I don't deserve to be here')

4. **WHAT ARE THE TYPICAL FEELINGS I HAVE?** (e.g. hopelessness, sadness, anxiety)

5. **WHAT ARE THE TYPICAL PHYSICAL SENSATIONS?** (e.g. shaking, tightness in chest, heavy limbs)

Continue 

6. WHAT BEHAVIOURS DO I CARRY OUT WHEN I'M IN CRISIS? (e.g. withdrawing, self-harm, risk-taking)

7. WHAT CAN HELP ME WHEN I FEEL LIKE THIS? (e.g. call Samaritans, talk to a friend, watch comedies on Netflix)

8. HOW CAN OTHERS HELP ME WHEN I'M IN CRISIS? (e.g. reassure me you don't hate me, watch a film with me, take me for a drive)

9. WHAT DOES NOT HELP OR MAKES THINGS WORSE? (e.g. being alone, staying in the house, going on social media.)

10. IF I'M STILL STRUGGLING, THIS IS MY PLAN TO GET MORE SUPPORT: (e.g. Use my crisis card, call a loved one, contact my GP)

11. POSITIVE THOUGHTS TO REMEMBER DURING DIFFICULT TIMES: (e.g. I have overcome similar struggles, people care about me, this too shall pass, etc).