

Crisis Management Plan

Defuse Emotional Distress

How can we encourage hopefulness, bolster self-esteem.

Stay Safe

Remove any method for completing suicide if possible.

Coping Strategies

What has worked to ease/solve problem in the past?

Self-help coping mechanisms

My Support Network

Available? Contactable?

Crisis Prevention Plan

Signs Leading to a Crisis

Physical: Anxiety / Depression / Disturbed Sleep / Altered Appetite

Behavioural: Anger / Social Withdrawal / Bad Self-care / Irritable

Thinking: Hopelessness/Worthlessness / 'What's the Point' / Thoughts of Dying

Feelings: Frightened / Sad / Lonely / Trapped / Angry / Ambivalent

Problems and Triggers

What was happening just before the crisis?
Can / will it happen again?

Coping Strategies

What has worked in the past?
Self-help coping mechanisms

Support Network

Who, where, when, how?
Available and can help?