

CRISIS PLAN

Step 1: Warning signs (thoughts, feelings, images, mood, situation, behaviour) that a crisis may be developing:

Step 2: Internal coping strategies: What can I do right now that will keep me safe? What has worked in the past? Is there anywhere I can go that will feel safe?

Step 3: What strengths do I have that I can use to keep myself safe? What strengths do I have as a person and how might this keep me safe? What do people who care about me say about this? Am I creative? Caring? Do I have faith or any positive statements I use for inspiration?

Step 4: Who can I reach out to for help? If I can't manage to stay safe on my own, who else could I call upon to help me? Who has helped me in the past?

Name: Contact number:

Name: Contact number:

Name: Contact number:

101 for non-emergency support
999 for emergency support
NHS 111 for medical advice
HOPELINEUK (0800 068 4141)

