

NAVIGATING

a mental health

CRISIS



PREPARING FOR CRISIS: Creating a Crisis Plan

When a person has a mental illness, the potential for a crisis is never far from mind. Crises can occur even when a person is in treatment. Unfortunately, unpredictability is simply the nature of mental illness.

A crisis plan is designed to help individuals and families address escalating symptoms/behaviors and prepare for oncoming crises. These plans should be written down and stored in a safe location; developed by the person with the mental health condition and their family and friends; and updated whenever there is a change in diagnosis, medication, treatment or providers.

Every plan will be individualized, but some common elements include:



Remember that the best time to develop a crisis plan is when things are going well.



- ✓ Person's general information
- ✓ Contact information for family
- ✓ Contact information for health care professionals
- ✓ Strategies and treatments that have worked in the past
- ✓ A list of what might make the situation worse and a list of what might help
- ✓ Current medication(s) and dosages
- ✓ Current diagnoses
- ✓ Person's treatment preferences
- ✓ Contact information for nearby crisis centers or emergency rooms
- ✓ Contact information for adults the person trusts
- ✓ Safety plans