What is a Crisis Plan?

A Crisis Plan is a tool to help you and those who care about you recognize worsening of your symptoms, so you can take steps to take care of yourself before you need to be in the hospital. You create a crisis plan, with your support network, when you are well, so that everyone knows what to do when your symptoms get worse.

What’s in A Crisis Plan?

A Crisis Plan should help you know when your symptoms are getting worse, and what you can do when you feel that way. It should include:

- Ways for you and others to recognize when your symptoms are getting worse, like things you do or say, or actions, fears, or things that feel or seem different when symptoms get worse.
- Things you can do to settle yourself when you need to, like exercise, listen to music, play with an animal, talk to a friend, etc.
- People who can help, and what they can do for you. Don’t forget their phone numbers!
- Who you can call at MCCMH, like your therapist, case manager, nurse, or others who know you. Include phone numbers! Remember that you may get an extra appointment if you are in a crisis.
- How to find help after hours and on weekends.

Your Therapist or Case Manager will help you create a Crisis Plan.

- Write it down!
- Keep a copy where you can find it!
- Give a copy to all the people you identify to help!