

LIVE WELL AT HOME

A Good Crisis Plan Can Help!

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!

