

Mental Health Crisis Plan

Strong doesn't mean silent.

KNOW YOUR WARNING SIGNS

Before it all feels like too much

What internal thoughts, emotions or feelings typically come up for you at the onset of a mental health crisis?

What external factors like events, situations, people or places could trigger a crisis for you?

REASONS FOR LIVING

Your sense of purpose or meaning in life

List some goals or dreams you still want to accomplish.

What are some activities or events you're still excited to try or experience?

How would your friends or loved ones feel if you were no longer here?

IDENTIFY EFFECTIVE COPING STRATEGIES

Self-management techniques that work best for you

In addition to going to the gym, being in nature, or having quiet time alone, what helps you feel more like yourself?

If you can't self-manage your thoughts, what activities can offer distraction?

If your environment is the problem, where can you go to feel safe?

REACH OUT TO SOMEONE YOU TRUST

People to contact for immediate support

Family member:

Friend:

Mental health clinician:

Urgent care:

If you are in immediate danger, call or text 988 to reach the Suicide and Crisis Lifeline or go to the nearest hospital.

PsychHUB