

Crisis Plan

Name:

Address:

Phone #:

Birthdate:

Gender: Female Male Transgendered

Emergency Contact:

Health Needs:

Directions to Home:

Service Providers:

Pets:

Children:

Cultural Heritage/Spirituality:

Describe what crisis looks and feels like to you?

What is different in times of crisis than in other times of your life?
(Like "bad days" for instance)

Crisis:	Other times in my life:

**When you've been in a crisis situation what kinds of support did you seek?
What (people, places, services) things were the most helpful? Why?**

Support	What was helpful?

<p>What are the most difficult feelings for you to experience? Please check the <u>Most</u> difficult feelings or add any you don't see listed here:</p>		<p>Think about what happens when these feelings get overwhelming. Consider the following: What does it feel like inside your body? What do you need when this happens? What can you do for yourself? What has been helpful before?</p>	
Happy	<input type="checkbox"/>	Boredom	<input type="checkbox"/>
Joy	<input type="checkbox"/>	Loneliness	<input type="checkbox"/>
Sad	<input type="checkbox"/>	Emptiness	<input type="checkbox"/>
Grief	<input type="checkbox"/>		<input type="checkbox"/>
Afraid	<input type="checkbox"/>		<input type="checkbox"/>
Angry	<input type="checkbox"/>		<input type="checkbox"/>
Rage	<input type="checkbox"/>		<input type="checkbox"/>
Anxiety	<input type="checkbox"/>		<input type="checkbox"/>
Overwhelmed	<input type="checkbox"/>		<input type="checkbox"/>

<p>How do you decide to reach out for support? How do you identify when you need to do something different? Write about that.</p>

Think about the people around you when you experience crisis. Are there behaviors or actions you take that might frighten other people? Please Describe.

How do you feel about these behaviors? What would you like the people around you to understand about this? How would you like them to react? What do you need to hear? Also identify what can make it worse, what you *don't* want people to do. What do you need to do personally? Write about that.

Can you identify things that you're not likely to talk about when you're in crisis, or "code words" you may use?