

Crisis Worksheet

The best time to create a crisis plan is when you are feeling calm. This worksheet will help identify early signs of a crisis and help you plan out what to do when you are experiencing a crisis.

What are signs I am in crisis or approaching a crisis? (Think about a time before when you were in crisis)

Are there things that may trigger a crisis? (When you were in crisis before, were there situations or other things that led up to it?)

What are ways I can keep myself safe? (This may include limiting your exposure to certain things or looking at your distraction techniques.)

What are some resources I can use?

1

2

3

What are some distractions I can use or other things I find helpful?

What are things that may make it harder to cope or use skills? What are ways to avoid those?

Important Numbers to Have

This page will be where you can write down any numbers that you may need in crisis. Please do not feel pressured to fill out the 'other numbers' or crisis lines. I know that they aren't for everyone.

Who are safe people I can call? Write down their name and phone number or alternative way to contact them.

- _____
- _____
- _____



Other Numbers I Can Call:

Doctor: _____

Therapist: _____

Hospital: _____

Emergency: _____

What are some crisis lines I can call?

- 1 _____
- 2 _____
- 3 _____

Hospitalization

This section will include some spaces for you to fill out information