

MY CRISIS PLAN WORKSHEET

This worksheet is designed to help you identify early warning signs of crisis and plan ways to prevent a crisis from occurring. You can write your answers on this worksheet. Keep the worksheet in a place where you can find it easily.

PERSONAL WELLNESS – Being able to notice the differences between good times and bad times can help you identify when you need to take care of yourself and ask for more support. Think about how you feel and the things you do when you are feeling well.

When I am well, I...

Now think about how you feel and the things you do when you're not feeling well.

When I am not well, I...

EARLY WARNING SIGNS – Being self-aware can help you identify early signs that there is a change in your mental health. Examples of early warning signs may include being over-tired, having a hard time getting out of bed, feeling agitated, missing deadlines or being late, and feeling sad, but not knowing why. What are your early warning signs?

I know I am not doing well when...

ACTIVITIES – Finding activities that help you take control or focus your thoughts can be helpful in keeping your symptoms from getting worse. Examples of helpful activities may include calling a friend, eating a piece of fruit, petting the cat, breathing deeply, practicing yoga, or going for a walk.

These activities make me feel more in control and can help me prevent a crisis:

SUPPORT SYSTEM – If you know you are at risk of entering a mental health crisis, calling someone from your support system will help. These are the people who know you have a mental illness and who know what is helpful for you.

These are people I trust and I know I can call when I need support:

| <i>Name</i> | <i>Phone Number</i> | <i>Best Time to Call</i> |
|-------------|---------------------|--------------------------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

These are my doctors and therapists who can also help me:

| <i>Name</i> | <i>Phone Number</i> | <i>Office Hours</i> |
|-------------|---------------------|---------------------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

When I can't reach anyone, I can call either the Minnesota Warmline at **651-228-0400** or **877-404-3190**, or the crisis line at **1-800-273-TALK**.

Keep this worksheet in a place where you can find it easily.