

MY CRISIS PLAN

NOTE: If you are currently in a severe crisis, you may need to skip straight to #4 or #5 for your safety.

#1. Take any medications prescribed to you "as needed".

My medications (with dosages + purpose):

(1) (2)

#2. Talk to someone to talk about anything other than how you are feeling.

My friendly faces (+ phone numbers):

(1) (2)
(3) (4)
(5)

#3. Go to a place with people.

My safe places:

(1) (2) (3)

#4. Talk to a mental health support (someone who you can comfortably talk to about your feelings and who can help keep you safe).

My friendly faces (+ phone numbers):

(1) (2)
(3) (4)
(5)

#5. Go to the emergency department if you still feel that you are in a severe crisis.

Always remember to BKTY (Be Kind To Yourself),

Nicole (nicomochi)

