

My Crisis Prevention Plan

NAME

MY RISK FACTORS AND TRIGGERS

♥ _____
♥ _____
♥ _____
♥ _____
♥ _____

MY HEALTHY COPING STRATEGIES

♥ _____
♥ _____
♥ _____
♥ _____
♥ _____

MY SUPPORT PEOPLE I CAN CALL

Name Phone Number

♥ _____
♥ _____
♥ _____
♥ _____
♥ _____
♥ _____
♥ _____
♥ _____
♥ _____

CRISIS RESOURCES I CAN CALL

Name Phone Number

♥ Suicide Prevention 1-800-273-TALK (8255)
♥ Suicide Prevention Text or Call 988
♥ Crisis Text Line Text HOME to 741741
♥ _____
♥ _____
♥ _____
♥ _____
♥ _____
♥ _____

MY MENTAL HEALTH PROVIDERS

Name Phone Number

♥ _____
♥ _____

WHAT'S GOTTEN ME THROUGH IN THE PAST

♥ _____
♥ _____
♥ _____
♥ _____
♥ _____
♥ _____
♥ _____
♥ _____

USING MY 5 SENSES

♥ 5 THINGS I CAN SEE
♥ 5 THINGS I CAN HEAR
♥ 5 THINGS I CAN TOUCH
♥ 5 THINGS I CAN SMELL
♥ 5 THINGS I CAN TASTE

ACTIVITIES TO DISTRACT MYSELF

♥ _____
♥ _____
♥ _____
♥ _____
♥ _____

MY AFFIRMATIONS

♥ _____
♥ _____
♥ _____
♥ _____
♥ _____