

# Mental Health Crisis Plan

**A CRISIS PLAN IS A DOCUMENT WHICH YOU CAN SAVE TO BE YOUR 'GO-TO' IN TIMES OF CRISIS.**

**IT WILL HELP YOU THINK MORE CLEARLY AND MANAGE ANY DIFFICULT TIMES WITH GREATER EASE.**

*Save, or print out this document, fill it in and keep in a safe place to refer to when you need it. You may also find it helpful to share your crisis plan with some key people you trust, such as your local doctor, your therapist, a trusted work colleague, and loved ones you might call when you really need help.*

- When you are in a calm space, answer the following questions. Answering these with a clear mind means that in the moment of the crisis, you know you can trust yourself and these words:

**1. WHAT IS A CRISIS TO ME?** (Use examples that define a 'crisis' to you. E.g. harming myself, wanting to take substances, or having suicidal thoughts, etc.)

**2. THINGS THAT TRIGGER A CRISIS FOR ME?** (Describe what experiences, events, sensations, or situations might lead to a crisis for you. E.g. not getting any sleep, prolonged loud noises, feeling lonely, drinking too much, etc.)



**3. WHAT FEELINGS DO I USUALLY HAVE WHEN IN CRISIS?** (List your main feelings)

**4. WHAT THOUGHTS DO I HAVE WHEN IN CRISIS?** (Note any of the destructive thought patterns you tend to have when in crisis. E.g. 'I'll never be good enough', 'I'm stupid', 'I don't deserve to be here', 'what's the point?', etc.)

**5. WHAT PHYSICAL SENSATIONS DO I HAVE WHEN IN CRISIS?** (List the body changes and occurrences you notice. E.g. fast heartbeat, shaking, headache, feelings of heaviness, etc.)

**6. WHAT BEHAVIOURS DO ENGAGE IN WHEN I AM IN CRISIS?** (List your behaviours and be specific. E.g. I take risks, I'm promiscuous, I withdraw, self-harm, drive too fast, etc.)

**7. WHAT HELPS ME MOST EFFECTIVELY WHEN I AM IN CRISIS?** (E.g. cuddle my fur baby, punch a gym bag, have a shower, watch comedies on TV, talk to my friend, call Lifeline, etc.)



**8. WHAT DOES NOT HELP OR MAKES THINGS WORSE?** (E.g. listening to sad songs, being alone, engaging in risky behaviours, staying in the house, etc.)

**9. HOW CAN OTHERS HELP ME WHEN I'M IN CRISIS?** (Describe what others can do or say to you. E.g. remind me that you care for me, sit beside me, watch a film with me, hug me, etc.)

**10. WHAT ARE THE SIGNS THAT I NEED TO GO TO HOSPITAL?** (E.g. I say I'm going crazy, I won't stop hurting myself, I refuse to take my medication, etc.)

**11. POSITIVE THOUGHTS TO REMEMBER DURING THESE DIFFICULT TIMES:** (Write down the quotes, songs, anecdotes and/ or happy memories that lift you up. E.g. I know people love me, Walking on Sunshine, *this too shall pass*, Sitting on the beach, etc.)

