**Crisis plan example 1**

**List people or organisations you can contact**

|  |  |
| --- | --- |
| **Name** | **Contact details** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

**List of things you can do to help yourself**

|  |  |
| --- | --- |
| **1** |  |
| **2** |  |
| **3** |  |
| **4** |  |
| **5** |  |
| **6** |  |
| **7** |  |
| **8** |  |
| **9** |  |
| **10** |  |

**Crisis plan example 2**

|  |  |  |
| --- | --- | --- |
| **Who can help me and how?** | **Which friends, family, or other trusted people can I contact?** | **Which professionals can I contact?** |
| **Which helplines can I contact?** | **What have I done before that has worked?** | **What things should I avoid?** |
| **What can I do to distract myself?** | **What can I do, or where can I go to feel safe?** | **Any other helpful thoughts, ideas.** |