**Sample Crisis Plan**

Reminder, crisis plans are written with families, not for families.

Adapted from SAMHSA

**Family Name:**

**Address:**

**Phone Number(s):**

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| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Birthdate/age** | **Health Needs** | **Emergency Contact** | **Service Providers** | **Pets** | **Cultural/Spiritual Needs** |
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|  |  |  |  |  |  |  |
| **Name** | **Birthdate/age** | **Health Needs** | **Emergency Contact** | **Service Providers** | **Pets** | **Cultural/Spiritual Needs** |
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|  |  |  |  |  |  |  |
| **Name** | **Birthdate/age** | **Health Needs** | **Emergency Contact** | **Service Providers** | **Pets** | **Cultural/Spiritual Needs** |
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| **Describe what crisis looks and feels like to your family**  What is different in times of crisis than in other times of your family’s life? | |
| **Crisis:** | **Other times in my life:** |
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| **When your family has been in a crisis situation what kinds of support did you seek?**  **What (Places and services) things were the most helpful? Why?** | |
| Support | What was helpful? |
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| **Are there people in your life who are important to you? Think about who they are, and who you may want to be in touch with if your family is experiencing a crisis. List their information here.** | | |
| **Name** | **Relationship** | **Phone #** |
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\*Caregiver/Parent- consider completing the information below with each child/youth.

Name:

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| --- | --- | --- | --- | --- |
| **What are the most difficult feelings for you to experience? Please check the *Most* difficult feelings or add any you don’t see listed here:** | | | | **Think about what happens when these feelings get overwhelming. Consider the following:** What does it feel like inside your body? What do you need when this happens? What can you do for yourself? What has been helpful before? |
| Happy |  | Boredom |  |  |
| Joy |  | Loneliness |  |
| Sad |  | Emptiness |  |
| Grief |  |  |  |
| Afraid |  |  |  |
| Angry |  |  |  |
| Rage |  |  |  |
| Anxiety |  |  |  |
| Overwhelmed |  |  |  |

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| **How do you decide to reach out for support? How do you identify when you need to do something different? Write about that.** |
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| --- |
| **Think about the people around you when you experience crisis. Are there behaviors or actions you take that might frighten other people? Please Describe.** |
|  |
| **How do you feel about these behaviors? What would you like the people around you to understand about this? How would you like them to react? What do you need to hear? Also identify what can make it worse, what you *don’t* want people to do. What do you need to do personally? Write about that.** |
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| **Can you identify things that you’re not likely to talk about when you’re in crisis, or “code words” you may use?** |
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| **Is there anything else you would like people to know or consider when you’re “in crisis”? Is there anything else you need to remind yourself about when you’re “in crisis”?** |
|  |

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ developed this crisis plan.

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Signed