Household crisis plan

For: _____ Made with them on: _____ Last updated: _____

1 Early warning signs we have seen before

What it looked like last time, in order if you can. Examples: stopped sleeping, stopped answering texts, talked faster, said “I can’t do this anymore.”

2 What they want us to do when we see those signs

In their words. Examples: “Ask me directly.” “Call my therapist before you call anyone else.” “Don’t call my mother.”

3 Clinicians and after-hours instructions

Therapist, psychiatrist or prescriber, primary care. For each: phone, and what their office said to do after hours.

Name / role / phone / after hours

Name / role / phone / after hours

Name / role / phone / after hours

4 Diagnoses, medications and allergies

Current medications with doses, anything stopped recently, drug allergies. Emergency staff will ask for this.

5 Hospital and crisis preferences

Preferred hospital or crisis center, places to avoid and why, and whether they have a psychiatric advance directive (where it is kept).

6 Who covers what if they need to go to the hospital

Children, pets, work or school, rent and bills, their phone and keys. One name per job.

Job / person / phone

Job / person / phone

7 Who we call

Immediate danger, an attempt, or anything taken to cause harm: **911**, even if they seem fine right now. Mental health crisis: call or text **988** (veterans press 1), or text **HOME** to **741741**. Accidental poisoning or a medication mix-up, if they are awake and breathing normally: Poison Control **1-800-222-1222**.

Local mobile crisis team (ask 988 if there is one): _____ · Nearest emergency room: _____

Copies with: _____ _____ _____ · Worksheet from mhrecovery.ai