

My

Crisis Management

Plan

A crisis happens when we reach our breaking point and might find it hard to help ourselves. It's also a time when we can lean on others for support. Everyone deserves a plan that keeps them safe and secure.

1 Know your Warning Signs

When you're facing a crisis, it can be really tough to think straight. Recognizing the warning signs that a crisis might be coming can help you feel more ready and in control. Use this part to jot down **situations** and **thoughts** that tend to lead you toward a crisis. Then, take a moment to notice how your **body feels** and what you **observe** about yourself right before things escalate. Remember, being aware of these signs can make a big difference in managing your reactions and staying safer.

<u>Situation(s)</u>	<u>My body feels ...</u>	<u>Thought(s)</u>
	<u>I notice I ...</u>	

2 What I can do

Knowing what you can do before or during a crisis can really make a difference in how you recover. Take a moment to use this section to jot down what's within your control—small steps can go a long way in helping you reduce or even prevent a crisis.

Suggestions

I can play on my PHONE	I can COUNT to 10
I can HOLD an ice cube to my body	I can redirect my FOCUS
I can SPLASH cold water on my face	I can practice MINDFULNESS
I can FLICK a rubber band on my wrist	I can WALK away from the stressor

What works for me ...

3 Who can help

Remember, you're not alone in facing tough times. Reaching out to trusted friends, family, and/or social workers before or during a crisis can really make a big difference. Don't forget to share what you need from them ahead of time—sometimes, a little support goes a long way.

I can contact ...

National runaway safe line: 800-786-2929
GLBT National Youth Talk line: 800-246-7743
Suicide Prevention Lifeline Phone: 1-800-273-TALK
Trevor Hotline/Chat (LGBTQ Specific): 866-488-7386

call
988
text

Domestic Violence Hotline: 800-799-7233
True Colors United (homelessness): 212-461-4401
Pride Institute (Chemical dependency): 800-547-7433
Rape Abuse/Incest National Network: 800-656-HOPE