

Crisis Management Plan

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Keep this plan visible to use as a reference during a crisis

Instructions: Complete this plan with relevant personnel, such as family members, friends, health care staff, or team to help prepare for a potential crisis. It may be beneficial to consult with a primary care provider to review the plan, and provide recommendations.

Name:

Date:

Aim of the plan:

Warning Signs - Feelings or body signals indicating a crisis may be developing:

Coping Strategies - Things I can do before pre-crisis:

Places - Where to go for safety:

Intervention Strategies - Pre-Crisis:

Intervention Strategies - Triggering Phase:

Intervention Strategies - Escalation Phase:

Intervention Strategies - Crisis Threshold:

Intervention Strategies - Post-Crisis:

Contacts - Name:

Phone Number:

Address:

Professionals or Emergency Services - Provider Name:

Contact Details:

Post-Crisis Information - Date:

Additional Notes and Recommendations: