



MAKE A CRISIS PLAN

Visit TheHubCT.org for Treatment & Support Resources

Step 1: Identify Warning Signs

Thoughts, images, moods, situations, behaviors that a crisis may be developing.

1. _____
2. _____
3. _____

Step 2: Identify Internal Coping Strategies

Something to do to take my mind off my problems without contacting another person

1. _____
2. _____
3. _____

Step 3: Identify people and places that are distractions

Name: _____ Phone Number: _____

Name: _____ Phone Number: _____

Place: _____

Place: _____

Step 4: Identify how you will make your environment SAFE

1. _____

2. _____

3. _____

The one thing that is most important to me and worth living for is: