

SAMPLE OF SOME HOLISTIC CRISIS PLAN COMPONENTS

MY FAMILY DEFINITION OF A CRISIS IS...

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Example Only. Please use as a guide to what an individual family led crisis and safety plan may look like.

CONTACTS NAMES AND NUMBERS



PARENT	
YOUTH	
FAMILY/YOUTH PARTNER	
DOCTOR(S)	
COUNSELOR	
FRIENDS/NATURAL SUPPORTS	
EMERGENCY RESPONDERS	
HOSPITAL	
POISON CONTROL	
MENTAL HEALTH CRISIS LINE	

ACTIVATIONS THAT CAN LEAD TO A CRISIS



HOME	
SCHOOL	
COMMUNITY	

WARNING SIGNS THAT CAN LEAD TO A CRISIS

HOME	
SCHOOL	
COMMUNITY	

WHAT HAS, AND WHAT HAS NOT, HELPED ME IN THE PAST



HOME	
SCHOOL	
COMMUNITY	



HOME	
SCHOOL	
COMMUNITY	



MEDICATION

WHAT'S WORKING	
MEDS THAT DON'T WORK	
PRNS	
ALLERGIES	



MY GO TO PEOPLE FOR HELP ARE

(PARENT) SOMEONE TO TALK TO AND LISTEN	
(YOUTH) SOMEONE TO TALK TO AND LISTEN	
CRISIS DROP-INS, CALL LINE, TEXT LINE	
CARES FOR THE PETS	
HELP WITH TRANSPORTATION	
HELP WITH SIBLINGS (SCHOOL)	
SAFE HOUSE FOR SIBLINGS	
SHORT TERM RESPITE	
PRACTICAL NEEDS HELP (SHOPPING, CLEANING, PICK UP MEDICATION, ETC)	

CHECKLIST: I KNOW/HAVE



I KNOW CPR _____
 MY CHILDREN KNOW CPR _____
 I KNOW THE HEIMLICH MANUVER _____
 MY CHILDREN KNOW THE HEIMLICH MANUVER _____
 MY FIRE EXTINGUISHER IS LOCATED _____