DBSA
Depression and Bipolar Support Alliance

Crisis Management Plan

If you are having thoughts of death or suicide, call 1-800-273-TALK.

If you need immediate assistance, call 911 or go to a hospital emergency room.

Which person(s) would I prefer to help me in a crisis?

Name: Phone:

Name: Phone:

Name: Phone:

What they need to know

What I Might Do	How They should respond
Example: Talk about hurting or killing myself	*Example: Remind me that my life is worthwhile and things will change. Take away my keys and hold my medications. Stay with me. Call 911 or take me to the emergency room if necessary.*

What are the signs that I am in crisis?

What are the signs that I need someone to take over making decistions for me and/or go to the hospital?

Which medications or treatments are most helpful if a crisis occurs? Which should be avoided?

Where would I prefer to be treated or hospitalized if that is necessary? Which facilities would I like to avoide if possible?

What can others do for me that would helpf reduce my symptoms or make me more comfortable?

How will I know when I have recovered from a crisis?

Things that I need to do for myself every day while I am in crisis:

Things that can wait until I feel better: