

What's a crisis plan?

- A crisis plan is sometimes called a safety plan
- Ideally a crisis plan should be made before someone is in crisis, but it is never too late to start
- If someone is being supported by a care coordinator, they should already have a crisis plan in place
- You can ask them to show you their crisis plan
 - But it is their choice if they show you or not

The aim of a crisis plan is to think about what support someone needs when they are in crisis.

This may include:

- Not being alone
- Removing certain objects from the home
- Talking to a certain person or helpline
- Talking to a professional
- Distraction techniques
- Including reasons to live, such as pictures of family.

Distraction techniques can include:

- Read a book or magazine
- Go to a museum
- Draw or paint
- Sing
- Spend time with a pet
- Watch a film or TV
- Walk in a green space like a park
- Listen to music
- Listen to nature

- ❖ Remember to write down the names and numbers of people who would be able to help them
- ❖ There is no set way for how a crisis plan should look
- ❖ There is a crisis plan template at the end of the Rethink Mental Illness doc: 'Suicidal Thoughts factsheet' which you can use; found online