

# Crisis Plan

|      |  |      |  |
|------|--|------|--|
| Name |  | Date |  |
|------|--|------|--|

## About Me

|                    |  |
|--------------------|--|
| Name               |  |
| Date of Birth      |  |
| Address            |  |
| Health Card Number |  |

## Emergency Contacts

| Role                                | Name               | Phone Number |
|-------------------------------------|--------------------|--------------|
| Emergency                           | Emergency Services | 911          |
| Contact this person 1 <sup>st</sup> |                    |              |
| Contact this person 2 <sup>nd</sup> |                    |              |
| Contact the person 3 <sup>rd</sup>  |                    |              |
| Support Worker                      |                    |              |
| Back-up Support Worker              |                    |              |
| Medical Doctor                      |                    |              |
| Landlord                            |                    |              |

Depending on the situation, I may also use these community resources when in crisis:

| Name of Community Resource | Phone Number |
|----------------------------|--------------|
|                            |              |
|                            |              |
|                            |              |

## Understanding and Managing Crisis

My definition of crisis is: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Things that cause me to go into crisis are: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The signs that I am about to go into crisis are: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The signs that I am in crisis are: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Crisis Plan

If you notice I am doing and/or saying \_\_\_\_\_  
\_\_\_\_\_, then give me space.

In the past, to deal with crisis effectively, I have: \_\_\_\_\_  
\_\_\_\_\_

If I am in crisis, it is best to contact: \_\_\_\_\_  
\_\_\_\_\_

If I am about to be in crisis, these are special arrangements or things I need to have taken care of :  
\_\_\_\_\_  
\_\_\_\_\_

**In the event of a crisis I would like my crisis plan shared with my support network, as deemed appropriate by my worker**

Yes     No

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Case Manager Signature

\_\_\_\_\_  
Date