

# Crisis Plan

Here is a simple crisis plan you can use to help make sure your preferences are known and honored during the crisis

## Signs that I may be in crisis...

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## People I can reach out to when I am feeling this way...

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## Things that I can do that help me when I am feeling this way...

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## Things that other people can do that help me when I am feeling this way...

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**Treatment or support that may be helpful for me during this time...**

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**Treatment or support that will not be helpful for me during this time...**

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**Other instructions that I have during this time...**

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