

## Crisis Plan

Emergency resource 1: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Emergency resource 2: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

If we need help from professionals, we will follow these steps (include how the other children will be taken care of):

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

When will we think about going to the hospital? What type of behavior would make us consider doing this?

When will we think about calling 911? What type of behavior would make us consider doing this?

## Relapse Plan

The person with the mental health condition and the family should talk together and agree on the following parts of their plan:

**How do we know the symptoms are returning?** List signs and symptoms of relapse:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When the symptoms on line 1 appear, we will:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

When the symptoms on line 2 appear, we will:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

When the symptoms on line 3 appear, we will:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**When will we think about going to the hospital?** What type of behavior would make us consider doing this?

**When will we think about calling 911?** What type of behavior would make us consider doing this?