

## Emotional Wellness & Crisis Prevention Plan

*The purpose of this plan is so that there is shared understanding about what support I need to make choices toward a healthy and fulfilling life. This plan also outlines what’s important to me & for me so that I can be supported in a way that is most helpful to me during difficult times. While some things may be difficult to talk about, this plan is intended to help me and those who support me to know in advance what needs to be done, how to avoid crises and support my emotional wellness; & steps that should be taken should I ever need to access crisis services in the future. This is my plan, & just as my needs can change over time this plan may also need to be updated from time to time to reflect my changing needs.*

**Name:**  
**Address:**  
**Phone #:**  
**DOB:**

**Wellness Tools:** *Listed below are the activities/things that I need on a daily basis to keep myself healthy and to make myself feel better.*

*(Note: These questions are good opportunities to identify specific activities related to wellness that are important to the person. Get creative!! Use this as an opportunity to really explore what’s currently important to the person but also activities/things that the person thinks might be enjoyable & wants to try. These activities should be regularly available, as engagement in these activities supports a healthy lifestyle and are important toward preventing negative life events.)\*Wellness info related to diet is already included in other parts of the person’s plan.\**

Enjoyable activities that I do alone:	
Enjoyable activities that I do with others (please note individual if activity is linked to specific person):	
Exercise:	
Journaling/Drawing:	
Relaxation:	
Activities that make me feel good about myself:	
Outdoor activities or activities related to nature:	
Pets, plants, & other important connections:	
This is the amount of sleep I need each night to feel good the next day:	

Positivity!!! This is what I love most about me:	
Other important wellness tools (this might include any non-negotiables not already noted above):	

**Wellness Needs:** *Here is my description of myself when I am feeling good and healthy (Note: there is a link between feeling well and using the wellness tools shared above.):*

**Emergency Contact:** *Listed below is the person that I would like to have notified if I have a hard time. (Note: there should be a discussion about specific things that you want us to know when attempting to contact this person – e.g., do you prefer to call your emergency contact, or if you are unable to speak for yourself is it ok for someone else to call your contact; &/or are there custody and/or rights issues that need to be considered surrounding this?)*

**Trauma Needs (as applicable):** *I need for you to know that there are things that have happened in my past that may still upset me from time to time – particularly during a crisis. It's important for you to know that:*

- *I do/do not want you to be in my physical space during this time.*
- *I do/do not want you to try to hug or touch me during this time.*
- *The words & specific things you can do to help me feel safe during this time is:*

\_\_\_\_\_

*I understand that if my needs become emergent, the people who support me may need to stand a little closer and/or may need to physically guide me away from danger. The people who support me understand that this should only occur during an emergent situation. I and the people who support me understand that if the crisis escalates to this, emergent services will likely need to be contacted.*

**Health Needs:** *Listed below are the things about my health that I need others to be mindful about. Any important medical, health, equipment, or dietary needs (inclusive of allergies) that are important to consider when thinking about my needs while in a crisis are noted.*

**Support & Service Providers:** *Listed below are the people who support me. This list includes the “professionals” in my life. I have placed an asterisk (\*) next to the names/contact numbers of the people who need to be contacted when I am in crisis. If I need support in contacting these people, the type of support is identified below.*

**Plants/Pets/Other Important Stuff:** *If I have plants, pets, or something else that needs arrangements if I need to be away from home, instructions are noted below.*

**Cultural Heritage/Spirituality:** *Important information about my culture and/or spirituality that you need to know while giving me support during a crisis is written below.*

**Triggers and Warning Signs:** *Things, events, people, or anything that makes me feel uncomfortable is noted below. Also, important information about how I need you to support me when this happens is written below. (Note: Feeling uncomfortable is a natural reaction, but it's important to deal with this feeling so that I do not feel worse.)*

**This is my description of what a crisis looks and feels like to me. It's also important for you to know what is different in times of crisis than in other times of my life.**

*(Note: This question is a good opportunity to look at what is different between a time of crisis and other times. It links to our PC tools of what makes a "good day" vs. a "bad day" By thinking about what is helpful on a good/regular day, this may help to highlight what could be helpful during a time of crisis.)*

Crisis:	Other times in my life:

**In the past when I've been in a crisis situation I have received the following kinds of support. The most helpful things (e.g., people, places, services) are noted & why. The things that I did not find helpful are also noted & why.** *(Note: This is good opportunity to make a list of the type of help you've gotten before, what was helpful & made the situation better, but also what wasn't helpful & maybe made the situation worse. Take enough time to think about this & if you want talk to others to see if they have any additional ideas. Example - if you've been hospitalized before that may have been something that you hated but there may have been something about it that helped – so also think about the things that have happened that seemed bad or scary at the time, but there may also have been something good or safe about it – e.g., at hospital was there someone who took the time to talk to you. Once you've got your list of what's helpful & not helpful & why, you should be ready to think about what you want to happen when you are having a difficult time.)*

Support	What was helpful. Why.	What was not helpful. Why.


<p><b>I have placed a check next to the feelings that are the most difficult for me to experience. (I will add anything else that isn't listed below):</b></p>			<p><b>Here's what happens when these feelings get too much for me.</b> <i>(Note: Think about what it feels like inside your body. What do you need when this happens? What can you do for yourself? What has been helpful before?)</i></p>		
Happy	<input type="checkbox"/>	Boredom	<input type="checkbox"/>		
Joy	<input type="checkbox"/>	Loneliness	<input type="checkbox"/>		
Sad	<input type="checkbox"/>	Emptiness	<input type="checkbox"/>		
Grief	<input type="checkbox"/>		<input type="checkbox"/>		
Afraid	<input type="checkbox"/>		<input type="checkbox"/>		
Angry	<input type="checkbox"/>		<input type="checkbox"/>		
Rage	<input type="checkbox"/>		<input type="checkbox"/>		
Anxiety	<input type="checkbox"/>		<input type="checkbox"/>		
Overwhelmed	<input type="checkbox"/>		<input type="checkbox"/>		

**Here are the healthy activities I want to do to make my situation better. Here's how you know when I need support from someone else.** *(Note: Sometimes when we get a strong feeling we may want to do something to make the feeling go away or make it better. What are some healthy things you can do during this time to make it better? Be really specific – don't just think about using your "anger management skills" or "coping skills," list what specific skills these are. Do your "skills" include calling a trusted person, or listening to music, or anything else that works for you & is healthy... When do you know that it's time to ask for support from someone else? Write about all of this.)*

**Here is what I want you to know about what my behavior can look like when I'm in a crisis.** *(Note: Describe words and body movements.)*

**While it's hard to talk about this behavior, I want you to understand me and how I need for you to react & support me during this time. There are things that you can say to me that would help me. There are also things that can make it worse & things that I don't want you to do. I'm using this box to tell you about all of this.** *(Note: Sometimes when we're not doing very well we may say or do things that result in other people feeling uncomfortable or even scared. It's ok to be honest. There are times when all of us are upset or hurting that we may say or do things that may make people uncomfortable or scared. It's important for us to know what you really need during these times. Do you yell or curse, do you get really silent, do you stomp away, do you need for us to talk to you and ask what's going on? What can we say or do that would not be helpful?)*

**Here are the things that I'm not likely to talk about when I'm in crisis. If I want to use a "code word" to let you know I need some support, I've included it in the box below.** *(Note: Think about words you use that mean you're not doing ok – what words do you say when you're feeling very sad or upset or you feel like giving up. Or is there a word that you want to start using as a "code word" to let us know that you're getting to the end of your rope? It could be any word to let us know that you're needing some support to help you with your feelings.)*

**These are the people in my life who are important to me and who I want to be in touch with if I experience a crisis or end up getting support somewhere other than in my home.** *(Note: This list might include people you would like to visit you or call you if you have to stay somewhere other than your home.)*

Name	Relationship	Phone #

**If the crisis becomes so significant that I may need to leave my home (even briefly) to stay safe or to get some help, these are the people from the list above who I need you to talk to because they might have important information to help determine next steps.** *(Note: if there is any question about if you are “ok” to stay at home, or go to another identified place – like a family member’s house rather than somewhere else, it can be helpful to have people who know you really well whose might have valuable information.)*

**Below is anything else that is important for you to know about how best to support me in times of a crisis.** *(Note: this is your chance to say anything else that’s important and hasn’t already been said. This is your crisis plan, so anything else that’s important to you can be included in the box below.)*

