

Emergency Plan Template

Introduction

This template helps you prepare a personal plan for times of mental health crisis. Share it with trusted people and keep a copy accessible.

My Emergency Contacts

- Primary Contact: _____ Phone: _____
- Secondary Contact: _____ Phone: _____
- Doctor/Therapist: _____ Phone: _____

Local Crisis Resources

- Suicide & Crisis Lifeline (U.S.): Call or text 988.
- Local Emergency Number: _____
- Nearest Hospital/ER: _____ Address: _____

Warning Signs

- List personal signs that indicate a crisis (e.g., not sleeping, hopeless thoughts, withdrawing):
- 1. _____
- 2. _____
- 3. _____

Coping Strategies

- Healthy activities or steps I can try before seeking emergency help:
- 1. _____
- 2. _____
- 3. _____

Safe Environment Plan

- Steps to make my environment safer during a crisis (remove harmful items, stay with supportive person):

- _____