Crisis Response Plan

My early warning signs that I am in crisis: ***

Things I can do and skills I can practice to help me feel better: ***

Support person(s) I can contact (include phone number): ***

Things to avoid which make me feel worse: ***

Things I can do to limit my access to lethal means: ***

The best number my provider can call me at is: ***

If I cannot be reached, my provider can call *** (emergency contact)

Contact info for resources:

{Primary Care Team:22563}
{BHS Specialty Clinic:22564}

After Hours:
The Suicide Lifeline Crisis Line 1 800 273 TALK (8255)
{County Crisis Line:22566}

If I cannot keep myself safe, I will go to the nearest emergency room or call 911

My next appointment is: ***