Crisis Planning CHECKLIST

BE PREPARED • STAY INFORMED • GET SUPPORT

You are not alone.

Help is available, and there is hope.

A crisis can happen at any time. This checklist helps you take the right steps, get the right support, and keep your loved one — and your family — as safe as possible.

1. RECOGNIZE WARNING SIGNS

Be alert for chapges in behavior, mood or appearance, which may indicate a crisis:

- [ ] Increased substance use or cravings
- [ ] Talking about hopelessness, self-harm or suicide
- [ ] Severe mood swings, withdrawal or isolation
- [ ] Loss of interest in daily activities
- [ ] Aggressive or erratic behavior
- [ ] Mentions of using, buying or having substances
- [ ] Threats to others or self
- [ ] Any behavior that feels "not right" or out of character

If you notice these signs, trust your instincts. It's better to act early than to wait.

2. TAKE IMMEDIATE ACTION

If your loved one is in immediate danger or experiencing a medical emergency:

- [ ] **Call 911** (for life-threatening situations, self-harm, or violence).
- [ ] Stay with your loved one if it's safe to do so.
- [ ] Remove any access to drugs, alcohol, or dangerous items.
- [ ] Keep calm and speak in a supportive, non-judgmental way.
- [ ] If they need urgent medical or psychiatric care, get them to the nearest hospital or emergency room.

Safety comes first.
Do not try to handle a medical emergency on your own.

3. CONTACTS

Keep this list handy and make sure your contacts are up to date.

Name / Organization	Phone Number	Notes
Primary Contact (family member or trusted friend)		
Treatment Provider / Counselor		
Outpatient Program / IOP		
Family Doctor		
Mental Health Crisis Line		
Local Police (non-emergency)		
Emergency (911)		
Support Group (e.g., AA, NA, Al-Anon)		

4. ADDITIONAL RESOURCES

These resources can provide extra support in a crisis situation.

- [ ] 24/7 Crisis Hotline (e.g., 988 – Suicide & Crisis Lifeline)
- [ ] Local Behavioral Health Crisis Center
- [ ] Mobile Crisis Unit
- [ ] Hospital Emergency Department
- [ ] Faith Leader / Spiritual Support
- [ ] Support Group (in person or online)
- [ ] Legal Support (if needed)
- [ ] Other: _____

Keep numbers saved in your phone and posted in a visible place at home.

5. IMPORTANT INFORMATION

Have this information ready when it's needed.

- [ ] Insurance information (health & mental health)
- [ ] Current medications (and dosages)
- [ ] Allergies / medical conditions
- [ ] ID, insurance cards, and important documents
- [ ] Preferred hospital(s) or treatment center(s)
- [ ] Notes on triggers, behaviors and what helps
- [ ] Other: _____

6. FOLLOW UP & STAY CONNECTED

After the crisis, continue to support your loved one and take care of yourself too.

- [ ] Check in with your loved one regularly.
- [ ] Follow up with their treatment provider.
- [ ] Attend support group meetings (for you or them).
- [ ] Monitor for ongoing risk factors.
- [ ] Encourage healthy routines (sleep, nutrition, exercise).
- [ ] Reach out for your own support — you matter too.
- [ ] Other: _____

Prepared today. Safer tomorrow.

PLAN • SUPPORT • RECOVER

You can't control everything, but you can be ready.