

## Crisis Plan

Client Name:

Date:

If you have thoughts of hurting yourself, start at Step 1. Go through each step until you are safe. Remember: Suicidal thoughts can be very strong. It may seem they will last forever. With support and time, these thoughts will usually pass. When they pass, you can put energy into sorting out problems that have contributed to you feeling so badly. The hopelessness you may feel now will not last forever. It is important to reach out for help and support. You can get through this difficult time. Since it can be hard to focus and think clearly when you feel suicidal, please copy this and put in places where you can easily use it, such as your purse, wallet or by the phone.

**1. I will do the following activities to calm/comfort myself:**

- |    |     |
|----|-----|
| 1. | 6.  |
| 2. | 7.  |
| 3. | 8.  |
| 4. | 9.  |
| 5. | 10. |

**2. Remind myself of my reasons for living:**

**3. Call a support:**

- **Name:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**4. Call a backup support, if person (A) is unavailable:**

- **Name:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**5. Call a care provider (Prescriber, Therapist, Doctor, etc.)**

- **Name:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**6. Call a crisis line:**

- **1.800.273.8255 National Suicide Prevention Lifeline**

**7. Go somewhere safe:**

**8. Go to the emergency room:**

- **Mercy Hospital: 250 Mercy Dr. Dubuque, IA 52001 - 563.589.9666**
- **Finley Hospital: 350 North Grandview Ave Dubuque, IA 52001 – 563.582.1881**

**9. If I feel that I can't get to the hospital safely, call 911 and request transportation to the hospital. They will send someone to transport me safely.**

**Client Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_