

# MY CRISIS PLAN

## ABOUT ME

MY NAME IS



MY PRONOUNS ARE

MY CONTACT DETAILS



MY MEDICATIONS YOU MIGHT NEED TO KNOW ABOUT

THINGS I LIKE

THINGS I DON'T LIKE

## MY CARE TEAM

MY GP (DOCTOR)

MY EMERGENCY CONTACT PERSON

THEIR NAME IS

THEY WORK AT

THEIR PHONE NUMBER

THEIR EMAIL ADDRESS



## OTHER IMPORTANT PEOPLE

Add carers, family doctors, partners



NAME

RELATIONSHIP TO ME

CONTACT DETAILS

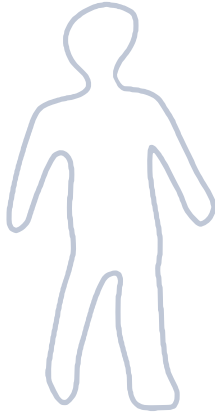
HOW THEY HELP WHEN I'M IN CRISIS

Drawn for BPDco by Dr KJ Hepworth @neuroqueero

## MY CRISIS FEELS LIKE...

MINDSET + THOUGHTS

BODY SENSATIONS



Write your crisis thoughts

Draw your crisis feelings

RELEVANT SONG

## HOW I HELP MYSELF

THOUGHTS

MOVEMENT

Internal reminder temperature

Releasing activity COMFORT

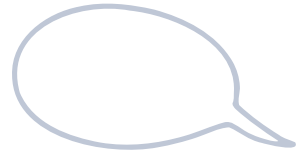
Warming up / cooling down

Soothing senses

## MY CRISIS LOOKS LIKE...

ACTION GIVEAWAYS

SPEECH GIVEAWAYS



Your crisis movements and actions

Crisis words / tone / volume of voice in crisis

## HOW YOU CAN HELP ME

ACTION

CONNECTION

COMMUNICATION

Safe-feeling contact VALIDATION

Helpful acts

Affirming acts/words

Helpful ways of relating



DON'T

WILL MAKE THINGS WORSE

Ways of relating that feel scary or bad