

PERSONAL INFORMATION

Name _____

Date of Birth _____ Address: _____

Relationship _____ Emergency _____

status _____ contact _____

WHAT TO DO IN A CRISIS

1. Assess the situation

- Stay calm** - Your composure helps them feel safer
- Check for immediate danger** - Are they a risk to themselves or others?
- Look for warning signs** - Extreme distress, confusion, aggression, withdrawal, hallucinations, suicidal thoughts/expressions

2. Provide Immediate Support

- Use a calm, reassuring voice** - Avoid raising your voice or arguing
- Validate their feelings** - "I hear you, I'm here for you"
- Offer simple choices** - This helps them feel in control (i.e. would you like to talk in here or somewhere else?)

3. Ensure their safety

- If suicidal, stay with them** - Stay present
- Remove hazards from reach** - Medication, sharp objects, etc
- Encourage deep breaths** - Deep breaths and focus on something in the room (i.e. ceiling fan, the tree outside, etc)

4. Seek professional help if needed

- Crisis lines or a therapist** - Help find the help they need.
- Call Emergency if danger is immediate** - But stay with them
- Offer to help arrange an appointment** - They may not be able on their own

5. Follow-Up & Support

- Check in regularly** - "How are you feeling today?"
- Encourage self-care** - Hydration, nutrition, light exercise, rest, etc.
- Help with daily tasks** - Cooking, cleaning, errands, etc.

6. Set Healthy Boundaries

- Know your limits** - You can't pour from an empty cup
- Don't take it personally** - They're in distress, they may not mean what they say
- Education yourself about their condition** - Greater understanding

7. Build long-term support networks

- Involve trusted friends/family** - This is YOUR support system
- Help find support groups** - For them and for yourself if needed
- Encourage ongoing support** - Help them stay on track

GROUNDING TECHNIQUE

5-4-3-2-1 Grounding Method- Identify:

- 5 things they see
- 4 things they're touching
- 3 things they hear
- 2 things they smell
- 1 thing they taste

EMERGENCY PHONE NUMBERS

QUICK RESPONSE PHRASES

"I'm here for you. You're not alone"

"I might not understand, but I want to help you"

"Let's break this down into small steps"

"We'll get through this together"

"It's okay to feel this way, but it won't last forever"

Signs of an crisis requiring immediate help

1. Expressing suicidal thoughts or a plan to harm themselves (ask them directly if they have a plan)
2. talking about feeling hopeless or like a burden (i.e. "What's the point?")
3. Extreme agitation, violence or psychosis (hearing voices, paranoia, etc.)
4. Severe withdrawal (not eating, not speaking, shutting down completely)
5. Unable to communicate clearly (disoriented, incoherent speech)
6. Refusal to take their prescription medications

SIGNATURE OF ACKNOWLEDGMENT

Person's signature

Date