A PAUSE, A PRACTICE, A NEXT STEP

Crisis Planning

Make support easier to reach before a crisis.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Safety comes first

If you may act on suicidal thoughts or cannot stay safe, get immediate help. Do not delay for this activity.

Recognize warning signs

Name thoughts, feelings, situations, or behavior changes that may signal a developing crisis.

01 / Notice and reflect

What warning signs should my support people know?

02 / Notice and reflect

Who can I contact directly when I feel unsafe?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: For immediate danger, overdose, serious injury, or a medical emergency, call 911 in the U.S. or go to the nearest emergency department. If safe, stay with a trusted person while obtaining help.

Read more: SAMHSA · Safety plan

More tools and immediate support: Our Healing Room / Crisis Support.