SAFETY PLANNING FOR CRISIS

Practical things I need others to do for me

When I am feeling well, I am

Things I can do for myself

Signs that I am in crisis and need intervention support

If I require medication, acceptable medications and why....

When I am showing these signs, I want the following people to support me

If I require medication, unacceptable medications and why...

I do not want the following people involved in my care

If I require treatment, the following services are acceptable to me...

What I want from my supporters when I am in crisis

If I require treatment, the following services are unacceptable to me...

What I don 't want from my supporters when I am in

If I require treatment in a facility, the following are acceptable to me..

If I am in danger to myself or others, I want my supporters to

If I require treatment in a facility, the following are unacceptable to me...