## Creating A Crisis Survival Plan

## **Objective**

To create a Crisis Survival Plan for when your regular coping skills and strategies don't work.

## **You Should Know**

For many people who struggle with tolerating distress, even healthy coping skills and strategies and might not always work effectively. It is a sign of strength to ask for help when you need it. It is also a sign of strength to PLAN ahead of time what to do, whom to call, and how to manage a crisis if or when it happens again.

You can create a toolkit of skills and strategies to keep at the ready at any time you are distressed. Creating a Crisis Survival Plan can be a vital tool to add to your toolkit.

## What to Do

What are the typical ways you respond to distress currently? What self-harming behaviors do you engage in?

communit	y leaders, sponsors, teacher, mentor	s, or acquaintances.
Name		Contact info
trapped, a		
<ul><li>Fin</li><li>Cal</li><li>See</li><li>Do</li></ul>	n a crisis, you can also do the follow d a support group or self-help group l or visit a friend ek a supportive Internet group a different activity (distraction skill) ur ideas:	

Here are the main components of a Crisis Survival Plan. First, make a list of people you can turn to—think about family, friends, neighbors, counselors, co-workers, therapists, religious leaders,


If your skills and strategies don't work and you are unable to find help during a crisis, you always have the right to call 911 or go to your nearest emergency room. You may also call the National Suicide Prevention Lifeline at 1-800-273-8255.

Fill in this chart to keep track of when you used your Crisis Survival Plan.

Crisis situation	What you felt	What you did instead to follow your Crisis Survival Plan	What was the outcome?

Reflections on This Exercise	
1. If you used your Crisis Survival Plan, what was easy about it? Explain.	
2. What was hard about using your Crisis Survival Plan?	
3. What are two or three other things that you could put into place to expand your Crisis Survival Plan?	
How helpful was this exercise? (1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)	
What could you do differently to make progress in this area?	