

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, community leaders, sponsors, teacher, mentors, or acquaintances.

Name _____	Contact info _____
Name _____	Contact info _____
Name _____	Contact info _____
Name _____	Contact info _____
Name _____	Contact info _____
Name _____	Contact info _____
Name _____	Contact info _____
Name _____	Contact info _____
Name _____	Contact info _____

Next, write down the specific situation or circumstances in which you would use this Crisis Survival Plan, such as when you are overwhelmed, suicidal, about to self-harm, feeling scared or trapped, and so on.

If you are in a crisis, you can also do the following:

- Find a support group or self-help group meeting
- Call or visit a friend
- Seek a supportive Internet group
- Do a different activity (distraction skill)
- Your ideas:

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?
