



Plan ahead: helping your loved ones help you

A key step in your treatment is to have a crisis plan ready. This type of plan can help you and your loved ones know what to do if you get worse. It can help if you can't handle your symptoms. Your plan should include the steps that you or someone close to you can take. You would follow the plan if your symptoms seem to be getting worse quickly.

An example of a serious symptom would be frequent thoughts of hurting yourself or others. Or, you may have an actual plan to hurt yourself or others. It's a good idea to fill out your crisis plan. Keep it where you can easily find it. You might also want to give a copy to a trusted friend or family member. Common parts of a crisis plan include the information below.

Doctor's name and telephone number:

Therapist's name and telephone number:

Medicines that you take (list how much and how often):

Friend or family member (and telephone number) you can call or stay with until you feel safe:

(Name)	(Relation)	(Telephone number)
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(Name)	(Relation)	(Telephone number)
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Activities that you use to help you calm down. (Examples: deep breathing. Meet a friend for coffee. Go for a walk. Hold your favorite object, etc.):

GET HELP RIGHT AWAY IF YOU ARE THINKING OF HURTING YOURSELF OR OTHERS.

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