

## Mental Health Crisis Preparation Worksheet

**If you or someone you know is in crisis, call: Suicide Prevention Hotline/Lifeline  
1-800-273-TALK (8255) Or text: Crisis Text Line 741-741**

Emergency	911-notify operator that it is a psychiatric emergency and ask for police officers trained in crisis intervention	
Local Crisis Line		
National Suicide Prevention Lifeline	1-800-273-TALK (8255)	
Mobile Crisis Unit		
Crisis Text Line-NAMI	741-741	
Caregiver	Name:	Phone:

### IMPORTANT CONTACTS

	Name	Phone number
Therapist		
Psychiatrist		
Case Manager/Social Worker		
Friend		
<b>Other helpful contacts</b>		
Non-emergency line Local Police Department		
SAMHSA National Treatment Referral Helpline	1-800-622-HELP	

### ADDRESSES

Your address and phone number	
Walk-in crisis center/ER	

### MEDICAL INFORMATION

Diagnosis	
Medications	
History/Current Substance Use	
Previous psychosis/suicide attempt	
Triggers	
Things that have helped in the past	

**Disclaimer: This is not intended to serve as a form of medical information exchange with first responders or an official medical record, as it may contain sensitive medical information that is protected under HIPAA regulations.**

### **Instructions for filling out the Mental Health Crisis Preparation Worksheet**

- **If possible, prior to a potential mental health crisis, go over this plan with your loved one and his/her doctor. Keep copies in several convenient locations or take a picture with your smartphone. Keep a copy in a room in your home that has a lock and a phone.**
- **911: If you or a loved one is in immediate danger calling 911 and talking with police may be necessary. It is important to notify the operator that it is a psychiatric emergency and ask for police officers trained in crisis intervention or trained to assist people experiencing a psychiatric emergency.**
- **Local Crisis Line: You can usually find this information by contacting your local NAMI affiliate or you may find it by doing an internet search for “mental health crisis services” followed by the name of the county where you live.**
- **Mobile Crisis Unit: Not all areas have a mobile crisis unit**
- **Non-emergency line for local police department: You may be able to find this information by doing an internet search for your city followed by “police non-emergency phone number”**
- **Your address and phone number: home address and phone number of patient**
- **Walk-in crisis center/ER: provide the street address of the closest Emergency Room (ER) or Emergency Department (ED)**
- **Diagnosis: Provide the psychiatric diagnosis and any other relevant medical diagnosis that first responders should be aware of**
- **Medications: Provide the medications that have been prescribed to treat the psychiatric condition and any other medications that first responders should be aware of**
- **History/current substance use: List the substances (examples: alcohol, marijuana, nicotine, opiates) that are currently used or have been used in the past**
- **Previous psychosis/suicide attempt: List approximate dates (if known) of past episodes of psychosis or suicide attempts**
- **Triggers: List the events or behaviors that have worsened a mental health crisis in the past**
- **Things that have helped: List the events or behaviors that have helped in a previous mental health crisis**

### **References**

NAMI HelpLine | NAMI: National Alliance on Mental Illness. Available at: <https://nami.org/help>. (Accessed: 23rd January 2020)

Being Prepared for a Crisis | NAMI: National Alliance on Mental Illness. Available at: <https://nami.org/Find-Support/Family-Members-and-Caregivers/Being-Prepared-for-a-Crisis>. (Accessed: 23rd January 2020)