

ADDITIONAL CRISIS PLANNING

1. Make connections with others such as family & friends:

I will call or go see: _____

2. I will help someone else or do something nice for someone without expectation of gain:

I will: _____

3. Reframe problem into smaller steps and decide what to do in the here and now:

I will: _____

4. Take a vacation from the immediate problem: examples: walk for 20 minutes, watch a movie, take a bubble bath, make a craft item, etc.

I will: _____

5. Take a PRN: _____

Contact a warmline, crisis line or emergency number:

I will call: _____

6. Contact therapist: _____

7. Contact Psychiatrist to discuss changes in symptoms/behaviors:

I will call: _____

8. Call COPE: _____

9. Go to the hospital: take medications or copy of prescriptions

I will go to: _____

I will take with me: _____

Helpful Telephone Numbers:

- COPE: 612/ 596-1223
- Acute Psychiatric Services: 612/ 873-3161
- CSN Metro Warmline (Thurs – Saturday, 4-8 PM) 651/ 637-2800
- Walk-In Counseling: 612/ 870-0565 (2421 Chicago Avenue South)
Walk-In hours: M, W, F: 1-3 and Mon thru Friday, 6:30 – 8:30
- Crisis Connection: 612/ 379-6363