



# Youth Crisis Safety Plan

## Why do it?

The Crisis & Safety Plan is a tool you can use to support youth through crisis. Each crisis is different and although some elements may be similar, a little planning will go a long way to help you with understanding and knowing what the youth needs during a time when it may be difficult to focus and think calmly.

## What information should I share?

The purpose of the Crisis & Safety Plan is to inform and remind the youth, the family, and sometimes those working with the youth about symptoms, behaviors, and what works and doesn't work to help during a crisis. It is a place for the parent and youth to share information that might be helpful to deescalating a crisis. The Crisis & Safety Plan is designed to be crafted by the youth with supportive assistance.

The Crisis & Safety Plan can be updated at any time. Whenever the youth learns new strategies to calm or soothe during escalation it should be added to the plan. Alternatively, interventions that do not work or situations or people that are not helpful are also good to add to the plan. The Crisis & Safety Plan should be crafted in calm moments, or after the youth has had a chance to debrief following a crisis to add insights about potential prevention and intervention strategies. The following is a list of questions to consider when drafting the plan:

- Who will be the most helpful to the youth during a crisis?
- What might a responder or helper need to know about your listed supports if they are asked to call for you?
- Who does the youth find most calming? Would it be helpful to call them during a crisis?
- Are there professional supports who should be contacted? (counselors, social workers, physicians)
- What do you think might be helpful to reduce the risk of harm and injury to the youth and/or the family?
- Have there been strategies to reduce risk of crisis/harm/injury that have worked in the past?
- Have there been strategies that have worked to help the youth become calm during crisis? If yes, what were they?

Crisis and Safety Plan For: \_\_\_\_\_



# Youth Crisis Safety Plan

## Crisis and Safety Plan For: \_\_\_\_\_

I prefer to be called:

Date of plan:

Date of birth:

Gender:

My pronoun:

I live with:

Medical conditions:

Allergies:

Medications:

*Include prescription and over the counter medications*

Anyone working with me should know this important information about my faith, language, or culture:

Crisis and Safety Plan For: \_\_\_\_\_



# Youth Crisis Safety Plan

When I Am In Crisis... Crisis Symptoms, Behaviors, and Crisis Response	
<b>This is what a crisis looks like for me:</b> <i>These are my words, actions or behaviors that will let others know I am in crisis.</i>	<b>This is what a crisis feels like for me:</b> <i>This is how my body feels when I am in crisis and/or what is going on in my mind during crisis.</i>
<b>When I am really upset or in crisis I can sometimes be unsafe in these ways:</b>	
<b>These are things that help calm me or ways that other can help calm me when I am upset or in crisis:</b> <i>This can include comfort items, food, drink, music, and/or people you find comforting.</i>	
<b>This can make things worse when I am upset or in crisis:</b>	
<b>These are people who will support me when I am upset or in crisis.</b>	<b>This is a list of my doctors, counselors, clergy, or others who help me when I am in crisis.</b>
Name:	Name:
Relationship to me:	Relationship to me:
Phone:	Phone:
How I want them to help me:	How I want them to help me:
Name:	Name:
Relationship to me:	Relationship to me:
Phone:	Phone:
How I want them to help me:	How I want them to help me:
Name:	Name:
Relationship to me:	Relationship to me:
Phone:	Phone:
How I want them to help me:	How I want them to help me:

Crisis and Safety Plan For: \_\_\_\_\_



# Youth Crisis Safety Plan

## After the Immediate Crisis Is Over... Recovery and Crisis Prevention

This is a safe place where I can be following a crisis:

These are comfort items that make me feel safe:

I might be hungry or thirsty following a crisis. These foods and drinks make me feel better:

This is who I would like to help me and how they can help (*face-to-face check-ins, phone call check-in, etc.*):

This is my plan if I begin to feel very early signs or symptoms of crisis again:

### Helpful numbers to remember:

Crisis Line:

Suicide Hotline:

Local Urgent Care:

Primary Care:

Psychiatrist:

Counselor:

Crisis and Safety Plan For: \_\_\_\_\_



# Youth Crisis Safety Plan

## Planning to Prevent Crisis in the Future Early Signs of Crisis Risk and Crisis Early Intervention

**These are things or situations that upset me and can lead to a crisis:**

*These are risk factors for me*

**These are early warning signs/symptoms leading up to a crisis looks like for me:**

*This is what others have observed*

**This is what other people have observed are the things or situations that upset me and can lead to a crisis:**

*Risk factors*

**These are what early warning signs/symptoms leading up to a crisis feels like for me:**

*This is how my body feels or what is going on in my mind*

**Using my knowledge about things and situations that upset me and lead to crisis and knowing what my early warning signs and symptoms are, the following are steps I can take to increase my ability to prevent future crisis.**

*List the risk factor and then next to it under "strategies" list a coping skill that helps reduce distress*

**Risk factors, early warning signs, and/or symptoms:**

*The risks I face*

**My coping strategies:**

*Things that make me feel better or safe early in an emerging crisis. These are coping skills that work for people like taking a walk, listening to music, deep breathing, journaling, etc.*

Crisis and Safety Plan For: \_\_\_\_\_

# Youth Crisis Safety Plan

<b>My Strengths</b> <b>When I Am Well/My Best Days</b>	
<b>My talents and strengths:</b>	
<b>This is what my life looks like on my best days or when I am well:</b>	<b>These are things I enjoy on my best days or when I am well:</b>
<b>This is my vision of the future that I want for myself:</b>	<b>This is what I think it will take to reach my goal(s) for the vision of the future I see for myself:</b>
<b>These are things about my life that I enjoy:</b>	<b>These are the services or supports that have worked well for me:</b>

Crisis and Safety Plan For: \_\_\_\_\_