### **Step-by-Step Crisis Plan**

**Your Safety is Important**

This guide provides clear steps for managing a crisis effectively. Start by creating a safe environment, then use self-soothing techniques, and finally reach out for support and crisis services if needed.

#### **1. Create a Safe Environment**

**Remove Harmful Items:**

* **Secure or remove any objects that could be used for self-harm or harm to others.**

**Find a Safe Space:**

* **Move to a location where you feel secure, such as a friend’s home, a family member’s house, or a public place.**

**Implement Safety Measures:**

* **Lock doors, stay with someone you trust, and avoid any triggers that could escalate the crisis.**

#### **2. Use Self-Soothing Coping Techniques**

**Practice Immediate Coping Techniques:**

* **Breathing Exercises:** Use deep breathing exercises to calm your mind. Breathe in slowly for four counts, hold for four counts, and exhale slowly for four counts.
  + *Tools/Resources:* Breathe2Relax app, Calm app (breathing exercise section).
* **Mindfulness:** Engage in mindfulness exercises to stay present. Focus on your senses and surroundings to ground yourself.
  + *Tools/Resources:* Insight Timer app, Headspace app (mindfulness meditation).
* **Progressive Muscle Relaxation:** Tense and then relax each muscle group, starting from your toes and working up to your head, to release physical tension.
  + *Tools/Resources:* Calm app (muscle relaxation), YouTube videos on progressive muscle relaxation.

**Distract Yourself:**

* **Engage in Activities:** Do something you enjoy or that takes your mind off distressing thoughts, such as reading, listening to music, or watching a movie.
  + *Tools/Resources:* Spotify (for music), Goodreads (for book recommendations), Netflix (for movies and shows).
* **Physical Exercise:** Go for a walk or engage in a physical activity to help manage stress and improve mood.
  + *Tools/Resources:* MyFitnessPal app (exercise tracking), YouTube (exercise routines).

**Journal Your Feelings:**

* **Express Emotions:** Write down your thoughts and feelings to process them and gain clarity. This can help you understand and manage your emotions better.
  + *Tools/Resources:* Day One app (digital journaling), physical journal or notebook.

#### **3. Reach Out for Support**

**Contact Trusted Individuals:**

* **Family/Friends:** Call or message a family member or friend you trust who can provide immediate emotional support and comfort.

**Identify Your Support Network:**

* **Support Network:** Inform those in your support network about your current situation so they can assist you. This may include close friends, family members, or support groups.

**Join Support Groups:**

* **Local or Online Groups:** Look for local support groups or online communities where you can share experiences and receive support.
  + *Tools/Resources:* Meetup.com (for local groups), Reddit (mental health support communities).

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#### **4. Contact Crisis Support**

**Reach Out for Crisis Support:**

* **National Suicide Prevention Lifeline:** 1-800-273-8255
* **Crisis Text Line:** Text “HELLO” to 741741
* **Arkansas Crisis Center:** 1-888-274-7472 or Text 501-776-2738

**Contact Emergency Services:**

* **If you are in immediate danger or experiencing a life-threatening situation, call 911.**

**Local Emergency Psychiatric Units:**

* **Find contact information for local emergency psychiatric units if immediate mental health intervention is needed.**

#### **5. Plan for Ongoing Support**

**Identify Long-Term Resources:**

* **Schedule Regular Therapy Sessions:** Make appointments with your mental health professional.
* **Join Support Groups:** Find and join support groups or online communities related to your needs.

**Create a Follow-Up Plan:**

* **Set Up Regular Check-Ins:** Arrange follow-up appointments to review your progress.
* **List Emergency Contacts:** Keep a list of important contacts for quick access.

#### **Important Contacts**

**Emergency Contacts:**

* **Primary Contact (Family/Friends):** [Name and Phone Number]
* **Secondary Contact (Support Network):** [Name and Phone Number]

**Mental Health Resources:**

* **Therapist/Counselor:** [Name and Contact Information]
* **Local Crisis Services:** [Contact Information]

**Additional Resources:**

* **Local Emergency Psychiatric Units:** [Contact Information]
* **Substance Abuse Support Services:** [Contact Information]

#### ***Key Reminders***

**Self-Care and Support:**

* **Maintain Regular Self-Care:** Stay connected with your support network and engage in self-care practices.
* **Personalize Your Plan:** Adjust this plan to fit your specific needs and review it regularly.