

Crisis Planning & Support

Some people may seek help when they are not feeling ok, are feeling distressed or dysregulated, and/or are in crisis. To support them in a way that is helpful, it is important to understand what to do and not do during these moments.



START WITH ASKING:

- ☐ Do you have a crisis plan? If so, are you able to share it with me?
- ☐ How are you feeling right now?
- ☐ Are you feeling stressed out, upset, or uncomfortable?
- ☐ Are you feeling distressed like something is about to happen?
- ☐ Do you need help right now and/or have hurt yourself or someone else?
- ☐ What is the best way to communicate with you?
 - ◇ Let me talk
 - ◇ Let me use my AAC
 - ◇ Yes/no questions
 - ◇ Give me choices
 - ◇ Tell me what to do



CRISIS PLAN TEMPLATES:

- [My Safety Plan](#)
- [Safety Plans Work](#)
- [Crisis Plan Worksheet](#)



QUESTIONS TO LEARN MORE:

What would help you feel better?

What would make things worse?

What would make you feel more comfortable and/or help pass the time right now?