Whether or not you have experienced a crisis before, it can help to take steps to develop an action plan. Your plan will help others know how to best support and work with you in a crisis. To best support and work with you in a crisis, your action plan will help others know how to best work with you when needed. Use in conjunction with other aspects of your crisis plan when needed.

1. Breathe in slowly through your nose for a count of 4.
4. Repeat until you feel more comfortable.
5. Use in conjunction with other aspects of your action plan.

Get HELP right away
Seek peer SUPPORT and give it freely

Hold on to HOPE

Emergency Contacts—Names and Numbers
24 Hour Helpline: 1-800-273-TALK

Simple Breathing Exercise

When stressed or anxious, breathing exercises can help you calm down and regain a sense of control. Here is a simple breathing exercise to try:

1. Breathe in slowly through your nose for a count of 4.
4. Repeat until you feel more comfortable.
5. Use in conjunction with other aspects of your crisis plan when needed.

DBSA
Depression and Bipolar Support Alliance

DBSAlliance.org
My warning signs are:


My triggers are:


Things that I can do to help myself when I start to feel triggered:


I know I need to get help when:


If I am in crisis, others can help me by:


What doesn’t help:


I prefer to receive treatment at the following facility:


I prefer to receive these treatments/medications:


I prefer NOT to receive these treatments/medications:


Medications I currently take:


My health and medical concerns:


This information is current as of: _______