

Your mental health crisis action plan

About you	
Name:	
Your preferred name and pronouns (if relevant):	
Contact information:	Other important contacts:
Name and contact information of Carer or Next of Kin:	
Mental health condition(s):	Any other health conditions:
Medications currently taking:	Any allergies (including food and medication):
Religious or cultural beliefs:	Any piercings or body modifications:
Any other important notes that you think might be helpful (<i>who you live with, where you work</i>):	

Wellbeing and managing a crisis

The things I do regularly (work, school, gym, hobby):

The things I do to keep myself well:

What a crisis looks like for me: (Signs and symptoms you may be experiencing a crisis)

Who needs to be contacted if a crisis occurs:

Who should have access to this action plan should a crisis occur:

Triggers and challenges:

Things that help to calm me (that I do for myself):

Things I may find challenging when having a mental health crisis:

What others can do to help me when I am having a mental health crisis:

What strategies have worked for me before:

Things I am willing to try if the other things do not work:

Things that do not work or make things worse:

Any other important information that may be useful when I am experiencing a mental health crisis
(places I may go if I am in crisis, any alcohol or substance misuse, key dates that a crisis is more likely)

Accessing treatment or support for a mental health crisis

Where I receive treatment for my mental health:

Treatment received for a mental health crisis before:

Treatment that I will refuse and why:

People who can make decisions on my behalf (if relevant):

Responsibilities I might need help with if I stay in hospital: (*pets, letting work know, caring roles for others*)

What I will need in my bag for a stay in hospital:

Things I like (*food, music, activities*):

Things I dislike (*food, music, activities*):

What support I might need whilst I am in hospital and when preparing to come home

Useful contacts

Name	Relationship to you	Contact information	Additional notes: <i>Aware of MH condition, what to contact about, what information can be shared with them or who should contact them</i>

Additional notes



Carers
First

carersfirst.org.uk

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