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Personal mental health crisis plan



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S A F E T Y P L A N

crisis plan

Warning signs I'm struggling · _____

Things that help when I'm low · 1. ____ 2. ____ 3. ____

Things that don't help (avoid) · _____

Person I can call · Name: ____ Tel: ____ Best time: ____

Professional support · GP: ____ Crisis team: ____ IAPT: ____

Crisis lines · Samaritans: 116 123 (free, 24/7) Crisis text:
SHOUT to 85258

One reason I hold on · _____

T H I S P L A N W A S W R I T T E N B Y Y O U · F O R
Y O U · I T I S Y O U R S

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