

St. Clair County Community Mental Health Authority

## Mobile Crisis Unit Safety Plan

Individual: \_\_\_\_\_ Case #: \_\_\_\_\_ Date: \_\_\_\_\_

The one thing most important to me and worth living for is:

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**Warning Signs:** *Thoughts, feelings, or behaviors* that show you are beginning to struggle.

Heart Racing	Racing Thoughts	Feeling Overwhelmed
Crying	Negative Thoughts	Feeling Tense
Sleep Changes	Appetite Changes	Fidgety
Isolating	Clenching Fist	

**Coping Skills:** Positive things to try to take your mind off of the problem. Practice 30-60 minutes per day and use as needed.

Draw/Color	Write	Mindfulness Activities
Deep Breaths	Go for a Walk	Listen to Music
Exercise	Talk to Someone	Call Mobile Crisis
Shower/Bath	Reading	

**People You Can Talk To:** Supportive, trusted people that you can talk to (*friends, family, therapists, etc.*)

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**Emergency Contacts:**

- If **Medical Emergency** Arises: Call **911**
- If **Therapeutic Emergency** Arises: Call the Mobile Crisis Unit **810-966-2575**. Available 24 hours a day/7 days a week.
- National Hotline: **1-800-273-TALK (8255)**
- Text Hotline: Text **"GO"** to **741-741**

**Follow-Up Recommendations:**

- Lock up sharps/medications/weapons of any sort
- Call the Mobile Crisis Unit as needed (**810-966-2575**).
- Call Access to Link with Mental Health and/or Substance Use Services (**888-225-4747**).
- Call New Oakland Family Centers for Partial Hospitalization Screening (**800-395-3223**).

If imminent safety issues arise that cannot be managed at home, please go to the closest emergency room immediately. If you are unable to be transported safely, please call **911** for assistance.