

St. Clair County Community Mental Health Authority

Crisis Safety Plan

Individual: _____ Case #: _____ Date: _____

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

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 Unit
Shower/Bath	Reading	

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

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.