Crisis Response Plan

Purpose: To help me remember what to do when I feel emotionally overwhelmed

Warning signs

Things I will do on my own

Reasons for living

Social support

Crisis/professional assistance

Military/Veterans Crisis Line: Dial 800-273-TALK (8255), press 1 for military, or text 838255 or live chat at militarycrisisline.net for 24/7 crisis support.

National Suicide Prevention Lifeline: Dial 800-273-TALK (8255) or live chat at suicidepreventionlifeline.org for 24/7 crisis support.

Crisis Response Plan (CRP) Instructions:
The CRP involves a collaborative plan between the patient and clinician, including (at minimum):
- Semi-structured interview of recent suicidal ideation and chronic history of suicide attempts
- Unstructured conversation about recent stressors and current complaints using supportive listening techniques
- Collaborative identification of clear signs of crisis (behavioral, cognitive, affective or physical)
- Self-management skill identification, including things that can be done on the patient’s own to distract or feel less stressed
- Collaborative identification of social support, including friends, caregivers and family members who have helped in the past and who they would feel comfortable contacting in a crisis
- Review of crisis resources, including medical providers, other professionals and the suicide lifeline
- Referral to treatment, including follow-up appointments and other referrals as needed
- Additional steps for management of military service members
  - Interface with command when appropriate
  - Address barriers to care (including stigma)
  - Ensure follow-up during transition
  - Enroll in risk management tracking

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