

Haringey Personality Disorder Service

MY CRISIS PLAN

We would like to help put together a plan for you to use when you think you are nearing a crisis. By “crisis”, we mean urgent situations where you feel that you are not coping and may need some extra help from services or others.

What am I like when I am feeling well?

What are the warning signs that things are breaking down and I am heading for a crisis?

What are the indicators that I am in a crisis and I need others to take responsibility for my care and keep me safe?

What other people can do that can help me when I am in a crisis:

What I can do that is helpful to me when I am in a crisis:

What have I found not helpful when I am in a crisis:

Things I think have helped me to stay safe and well:

Things my team think have helped me stay safe and well:

What are the signs that I am no longer in a crisis?