

Crisis Response Plan

1. Warning signs: irritable, go hide in my room, my chest feels heavy
2. Self-management: Watch Tv, go get food, Take a bath
3. Reasons for living: My cats, chicken fingers, Concert in October
4. Social Support: my friend Ava, My mom
5. Emergency Support: 911, Call/Text 988, Living Room 210-450-6450

CRISIS RESPONSE PLAN

1. Warning signs - I shut down, I start sweating
2. Self-management - Play video games, listen to music
3. Reasons for living - My son, watching football, Christmas
4. Social Support - My brother (Jeff), my dad (210-450-6450)
5. emergency support - 911, 988, Living Room

CRP

1. Warning Signs - Shaking, angry, bite my nails
2. Self-management - take a long walk, pet my dog, play piano
3. Reasons for living - To keep taking care of my dog (Banjo), my job
4. Social Support - My girlfriend (Kate)
5. emergency Support - call/txt 988, 911, Living Room 210-450-6450

Crisis Response Plan

1. Warning signs: Isolate myself, crying, I turn the lights off
2. Self-management: yoga, Journaling eat a sweet treat
3. Reasons for living: My grandma, my bowling ~~league~~ league, my cats
4. Social Support: My grandma, My mom
5. emergency Support: 911, 988, Living Room 210-450-6450