

# Crisis Management Plan for \_\_\_\_\_

If you are having thoughts of death or suicide, **call or text 988**.  
If you need immediate assistance, **call 911** or go to a hospital emergency room.

What are signs that I am in crisis?

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Which person(s) would I prefer to help me in a crisis?

Name	Phone/Location

What they need to know

My Feelings, Thoughts, and Actions	How They Should Respond
<i>Example: I am crying and feel like I can't be in class because I'm too upset.</i>	<i>Example: Listen to me talk and let me listen to my Spotify playlist for a few minutes.</i>

How will I know when I have recovered from a crisis?

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Things that I need to do for myself every day while I am in crisis:

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Things that can wait until I feel better:

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What are signs that I might need further helps?

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## Additional Resources

Name	Description	Contact
Georgia Crisis & Access Line (GCAL)	A free 24/7 helpline providing mental health resources	1-800-715-4225 <a href="http://www.georgiacollaborative.com">www.georgiacollaborative.com</a>
Crisis Text Line	Reach a trained counselor by text message.	Text "GA" to 741-741
988 Suicide & Crisis Lifeline	No matter where you live, you can easily access 24/7 emotional support.	Call or text 988 <a href="https://988lifeline.org/chat/">https://988lifeline.org/chat/</a>



Learn how to relax, manage stress, and focus your energy to become more centered and well rested. Create a calm and positive environment with Headspace.



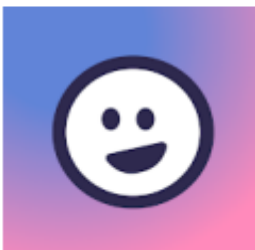
Learn how to overcome anxiety, relax, and change thoughts, behaviors, and releasing emotions with Clear Fear.



Worries about self-harm? Calm Harm provides tasks to help you resist or manage the urge to self-harm.



Self-help for anxiety management (SAM).



Happyfeed is a gratitude journal app that helps you reflect on good things each day. Create a private diary filled with happy memories, or join a group.



Calm is an app focused on teaching techniques for sleep and stress reduction through breathing programs, stretching exercises, sleep stories & relaxing music.

# Mental Health Toolbox

**Everyone needs some tools in their toolbox when they are feeling stressed or overwhelmed. Check out these apps!**



Scan the Linktree QR Code for direct access to the apps

