

# CRISIS PLAN

*When everything feels too much*

## MY WARNING SIGNS

- Racing thoughts
- Numbness or shutdown
- Urge to isolate
- Breath feels tight
- Time feels unreal

## SAFE PEOPLE TO CONTACT

Name

Relationship

Phone

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## GROUNDING TOOLS THAT HELPS ME

- 5-4-3-2-1 senses check
- 4-7-8 breathing
- Cold water on wrists
- Sit against a wall
- Name 3 safe things I can see
- Slow sips of water
- Step outside if possible

## WORDS I NEED TO HEAR

- You're safe right now.
- This wave will pass.
- You don't have to do this alone.
- You are allowed to rest.

## MY IMMEDIATE SAFETY STEPS

1. Text or call \_\_\_\_\_
2. Drink water + breathe slowly for 2 minutes
3. Move to my safer place: \_\_\_\_\_

# MY EMOTIONAL SAFETY MAP

## PLACES I FEEL SAFER

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## SENSORY SOOTHERS

- TOUCH: soft blanket / weighted hoodie
- SOUND: rain / brown noise / slow music
- SMELL: lavender / mint / clean air
- TEMPERATURE: cool air / warm mug

## IF I CAN'T SPEAK, SHOW THIS

- I need quiet.
- Remind me to breathe slowly with you.
- Offer water. Please stay close. No touch unless I ask.

This tool supports. It doesn't diagnose or replace care.