

CRISIS AND EMERGENCY PLAN

This plan ought to show you possibilities how to help yourself (**crisis-plan**) and when professional help is appropriate and necessary (**emergency-plan**):

- Within a crisis situation it is often impossible to think and act reasonably. Therefore it is important to know that you should not start to draw up your personal crisis and emergency plan when you are already in or close to a crisis, but ahead in a calm atmosphere.
- Your plan should always get a revision, whenever you discover better or further options to deal with crisis situations.
- It might also help you to discuss it in detail with your partner, relatives, friends, doctor or therapist. Who can support and accompany you and how?
- You should print your plan out and carry it with you all the time in order to be prepared wherever you are and at any time!

Always take care of early symptoms to become more sensitive in case of an upcoming crisis situation:

Early symptoms are often:

- insomnia or other sleep disturbances
- lack of concentration
- anxiety
- irritability
- being nervous

Add your personal **early symptoms** and **signs** here:

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We hope that this crisis- and emergency plan will help you becoming more competent, sensitive and stronger referring to your own concerns and needs!

CRISIS PLAN

While being in a crisis situation it is very important not to focus on yourself even more, but rather switch your focus and attention to your environment and outside world more deliberately by acting along your crisis plan.

Some suggestions how to do this:

Try to find several and different activities and write them down:

For example:

- Easy perception exercises (counting items in your flat, e.g. books ...)
- Talking to friends or relatives: write down the phone number!
- Take a hot or hot-cold sequences shower (cream up after that to feel your body)
- Use a cool pack or a hot-water bottle
- Intensive smells like coffee, spices, fragrance oil, ...
- Drawing or writing
- Listen to music
- Try singing or playing an instrument
- Reading: Have minimum two things ready, you would like to read
- Household chores (tidying-up, ironing, ...)
- Go for a walk and breath fresh air
- Sports (jogging, bicycle, swimming,...)
- Slather your temples with Chinese medicinal plant oil
- Press balls or massage your feet

• **Always have your emergency plan ready!**

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EMERGENCY PLAN

My personal emergency plan:

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Your emergency plan **should** contain:

- Telephone number of the ambulance
- Number of the emergency medical service
- Number and accessibility of your therapist
- Number and opening hours of your GP (in an emergency every doctor has to treat you, even without an appointment)
- Number and address of an psychiatric hospital close by (the emergency room is open at every time)
- Number of the police

Your emergency plan **can** contain:

- Telephone numbers of friends and relatives who could accompany you to your doctor or the hospital, or could support you in any other way
- Number of the public taxi-service and: have a wallet ready at any time, containing enough money to reach the hospital or your doctor
- Number of the public psychiatric service
- Number of a telephone helpline