

## **Crisis Plan Worksheet for Consumers and Families**

**Western Highlands Network is committed to promoting high quality, consumer responsive and culturally sensitive services for consumers. Consumers with mental illness can and do recover. Planning for and managing potential crises in a way that is least disruptive to you and your family is an important part of recovery. It is vital that a plan be made prior to an actual crisis occurring.**

**The following questions/statements might be useful in talking with your family and or significant others in developing a plan that can be used in the event of a crisis. Western Highlands Network encourages you, as a consumer and or family member, to talk with your case manager about developing a plan that will work for you.**

1. When I am feeling well, I am (describe yourself when you are feeling well).
2. What happens when I **first** start to become unwell?
3. Treatments or other things that **have** been helpful during a crisis or relapses in the past.
4. Treatments or other things that **have not** been helpful during crisis or relapses in the past.
5. **I do want** the following people (natural supports) involved in my care or treatment.
6. **I do not** want the following people involved in any way in my care or treatment.
7. What I want and don't want from my natural supports.
8. Preferred medications and why.
9. Unacceptable medications and treatment and why.
10. Things I need others to do for me and who I want to do it.
11. Things I can do for myself.
12. Preferred treatment facilities and why.
13. Unacceptable treatment facilities and why.