

# Crisis Plan

## *Numbers to contact if unable to contact support person:*

<b>Lifeline</b>	<b>13 11 14</b>	<b>Black Dog</b>	<b>1800 022 222</b>
<b>Beyond Blue</b>	<b>1300 224 636</b>	<b>Mental Health Helpline</b>	<b>1300 643 287</b>

## My contact information

**First Name:**

**Surname:**

**I like to be known as:**

**Date of birth:**

**Age:**

**Gender** *(please circle one):*

Male

Female

Other

**Address:**

**Suburb:**

**State:**

**Post code**

**Phone number:**

**Other:**

**Email address:**

**Employer:**

**Medicare number:**

**IRN:**

## Best contact person/s (Eg. Support person, next of kin)

Full name:

Relationship:

Address:

Phone number:

Full name:

Relationship:

Address:

Phone number:

### My doctor or general practitioner (GP) contact information

Full name:

Practice:

Address:

Phone number:

Emergency number:

If my doctor is not available, contact these medical professionals:

### My health care information

Preferred hospital:

Address:

Phone number:

Emergency number:

Second choice hospital:

Address:

Phone number:

Emergency number:

### Allergies or adverse reactions *(please tick one):*

☐

Yes

☐

No

☐

Unsure

If yes, please give details: \_\_\_\_\_

### Medications

I take medications *(please tick one):*

☐

Yes

☐

No

☐

Unsure

If yes, please list:

Medication name	Dose and frequency	Purpose (if known)	How taken

## Support Information

Things that keep me feeling well:

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Things that might trigger an episode, such as life events, travel, physical illness or work stress:

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Extra things I can do when I am not travelling the best:

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Warning signs such as talking very fast, paranoia, lack of sleep, slowed down movement, excessive alcohol or drug use:

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Things people should do in a crisis such as take away car keys and lock up anything dangerous such as weapons and medications:

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Things emergency staff can do, such as explain things, talk slowly, observe personal space, or write things:

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Practical things that should happen during an inpatient admission or mental health crisis (e.g. looking after pets, houseplants etc):

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Reasons life is worthwhile and recovery is important:

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