CRISIS PREVENTION PLAN

How do I want my response to be different from times I’ve experienced distress in the past?

Warning signs that might indicate things are getting worse:

- Thoughts:

- Feelings:

- Behaviors:

- Problematic Situations:

INTERNAL COPING STRATEGIES – Things I can do to take my mind off problems without contacting another person

- Positive self-soothing: What calms me when I’m stressed?

- Distraction: What keeps my mind off my stress? (Exercise, crafting, cooking, reading, movies/TV, puzzles, etc.)

Date: ___________________
• **Emotional awareness:** How can I identify and express my feelings? (Journaling, art, blog, etc.)

• **Mindfulness:** What helps me ground myself in the present moment? (Guided meditation, yoga, breathing, etc.)

**People whom I can ask for help (names & numbers):**

**Person/people who I will share this prevention plan with:**

**Professionals or agencies I will contact during a crisis:**

**WCU Counseling & Psychological Services:** Daytime: 828-227-7469  
After hours: 828-227-8911; ask for crisis clinician

**National Suicide Prevention Lifeline:** 1-888-273-TALK(8255); suicidepreventionlifeline.org

**Trevor Project (LGBTQ crisis):** 1-888-488-7386; thetrevorproject.org

**Appalachian Community Services Mobile Crisis:** 1-888-315-2880

By signing below I acknowledge that the above information is accurate and agree to follow the agreed upon plan.

Signature: ___________________________ Date: _______________ Witness: ___________________________

Agreement/permission ___ accepted ___ refused by student  

copy ___ accepted ___ declined