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.)
- **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: 828.227.7469

- 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