

My Crisis Care Plan

TIPS FOR COMPLETING THIS PLAN

What is the My Crisis Care Plan?

This care plan is a tool that you can use to support someone experiencing a mental health crisis. The information in this care plan is extremely sensitive and should only be shared with trusted people on a person's support team.

This is not to be used as an emergency plan or risk assessment. This care plan is meant to start a conversation around ways that a person wishes to be supported during a mental health crisis.

Things to keep in mind when filling out a My Crisis Care Plan with someone you support

- Do not complete this care plan if the person you are supporting is actively in crisis. Wait until the person is feeling safe before opening up a discussion about their mental health experiences.
- This care plan is meant to be a discussion, not a worksheet.
- It is recommended that this plan be filled out with a support person. When possible, complete this plan with a therapist or clinician with whom you are comfortable.
- Check-in with the person you are supporting. Ask if they are feeling up for talking through this care plan.
- Ask the person you are supporting if they would prefer to write their own answers or have you write answers on their behalf.
- Use reflective listening as you move through each section of the care plan. Repeat back ideas that are shared with you to make sure you have understood thoroughly.
- You do not need to write in complete sentences. You can choose to write using talking points or in list form if that is helpful.
- Remind the person you support that they can stop at any point if they are beginning to feel overwhelmed.
- This might be a slow process. You might need half an hour to complete a few sections of the care plan.
- Take breaks and complete this care plan in multiple sittings.

My Crisis Care Plan

A **mental health crisis** can happen when my body and mind feel overwhelmed or distressed. During a crisis, I might act differently than I normally do and I might not be able to communicate my needs. The **My Crisis Care Plan** shares supports and resources to assist me during a crisis.

Information about me

☐ I have a completed My Health Care Plan

☐ I have a Psychiatric Advance Directive (PAD)

☐ I have a completed My Emergency Care Plan

☐ Additional information continued on next page

Name: _____

My disabilities, diagnoses, or other health conditions: _____

My Supporter(s) _____

All about me when I need some help

Here are some things you might see me doing during a crisis.

Triggers:

Things that can make me feel worse

My disability:

Things to know during a crisis

What are some things that help me?

During

After

More things I want you to know

Here is more information that I want you to know about me. This section could include things that give me comfort, things that I enjoy doing, things that could help me, things that can make me feel worse, etc.

People I want to share this plan with

This is not to be used as a risk assessment

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HOW DO I USE THIS PLAN **AFTER A CRISIS?**

- Review this plan with your parent, caregiver, or supporter
- Talk about what you think worked and what didn't work
- Ask if there anything that could have been changed

Remember: Information in this care plan can change. Revisit your care plan and update the information as needed.

Resources

National supports

988 - National Suicide and Crisis Lifeline

NAMI Helpline
1-800-950-NAMI

Delaware-based resources

Adult Crisis Intervention:
Northern DE: 302-577-2484
Southern DE: 302-424-5550

24/7 Youth Crisis Support:
1-800-969-HELP (4357)

Delaware Bridge Clinics
NCC: 302-288-0230
Kent: 302-857-5060
Sussex: 302-515-3310

Places to Learn More

To learn more

www.cds.udel.edu/healthcareaccess/
www.delawareautismnetwork.org/

To find services near you

www.treatmentconnection.com
www.helpsherede.com/mental-health

Delaware crisis intervention

https://www.dhss.delaware.gov/dsa/mh/crisis_intervention.html

Delaware youth services

www.delawareguidance.org/crisis/
kids.delaware.gov/prevention-and-behavioral-health-services/suicide-prevention/



The My Crisis Care Plan is part of the My Health. My Wellness. (MHMW) Toolkit. Visit cds.udel.edu/healthcareaccess to download the full My Care Plan collection and access additional MHMW resources.