

What To Do in a Crisis

1. Assess Your Condition:

- a. If you are experiencing active suicidal thoughts with a plan, it's crucial to prioritize your safety. In such instances, do not attend a peer-led support group and instead immediately contact 988 or 911. 988 is the Suicide and Crisis Lifeline.
- b. If you are having suicidal thoughts without a plan or are feeling depressed and hopeless, contact 988 and also let a member of your healthcare team know so that you can make an appointment with them as soon as possible to discuss appropriate treatment.
- c. If you are engaging in self-injury, contact 988 and also let a member of your healthcare team know so that you can make an appointment with them as soon as possible to discuss appropriate treatment. Depending on the type of self-injury, you may need to seek medical care.

2. Contact Your Support System: Reach out to trusted individuals within your support system, such as close family members or friends, or one of your healthcare professionals. Inform them of your current situation and let them know if you need them to help you call 988 or 911, or if they can help in any other way, such as driving you to the emergency room. **Note:** Peer Support Group Leaders are not to be contacted outside of group for support as they are not part of your medical team.

3. Reference Your Personalized Crisis Plan: Collaborate with your medical team or mental health professional to develop a crisis plan tailored to your specific needs and circumstances. This plan may include who to contact when you are struggling and what specific coping skills to use. Make sure to distribute copies of your crisis plan to individuals within your support network. Store a copy in an easily accessible location, and consider saving an electronic version in your phone or email for quick access.

It is important to prioritize your mental health and seek the necessary support when dealing with a crisis. Do not hesitate to reach out to emergency services or your healthcare team. Remember that your well-being is of utmost importance, and there are resources available to provide you with the support and care you require.

