

CRISIS PREVENTION PLAN

PATIENT NAME:

CRISIS TRIGGERS, WARNING SIGNS, AND INTERVENTIONS

My triggers are:

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

My early warning signs are:

- 1.
- 2.
- 3.
- 4.
- 5.

When my parents/caregivers notice my early warning signs, they can:

- 1.
- 2.
- 3.
- 4.
- 5.

Things I can do when I notice my early warning signs:

- 1.
- 2.
- 3.
- 4.
- 5.

If I am unable to help myself I can call:

This tool was developed for use at Seattle Children's Hospital. CBT+ participants have been given permission to use it.

1. Crisis Line:
- 2.
- 3.
- 4.

(If appropriate:) Steps to make the environment safe (removing dangerous items, lethal means, etc.):

- 1.
- 2.
- 3.
- 4.
- 5.