

Suggestions of Things to Do in a Crisis Situation

If you are having a crisis and potentially feel that you may harm yourself in anyway please refer to the following suggestions.

- If it is an emergency and you can not keep yourself safe go to the nearest hospital emergency room or call 911 for an ambulance to take you. Call or have the hospital call your therapist as soon as you arrive.
- Call a friend. Have names and numbers ready by your phone.
- Call a family member. Have names and numbers ready by your phone.
- Call your sponsor. Have names and numbers ready by your phone.
- Call your therapist. Have names and numbers ready by your phone.
- Call a teacher. Have names and numbers ready by your phone.
- Call a crisis line. Have names and numbers ready by your phone.
- Have someone come over to your house to keep yourself safe.
- Go to a friend or family members' house to keep yourself safe.
- Go to a public place to keep yourself safe.
- Do one or more distress tolerance skills (breathing techniques, a bath, a walk, etc.)

By signing below I acknowledge I have received a copy of this information:

Client signature: _____ Date: _____

Witness: _____ Date: _____