

# Crisis Prevention Plan

## My triggers are:

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

## 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:

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

- Your County Crisis Line Phone Number: .....  
(you can look it up here:  
[www.hca.wa.gov/health-care-services-and-supports/behavioral-health-recovery/mental-health-crisis-lines](http://www.hca.wa.gov/health-care-services-and-supports/behavioral-health-recovery/mental-health-crisis-lines))
- Text HOME to 741741 or visit: <https://www.crisistextline.org>
- Teen Link Hotline: 1-866-833-6546 or <https://www.teenlink.org/>
- The National Suicide Hotline: 1-800-273-8255

This Crisis Prevention Plan was created to give your family strategies you can use in your home to help calm your child during an escalation before they reach a crisis point. We do not advise using restraint, such as holding your child down, because you or your child could get hurt. Please call 911 if you or your child is in imminent danger.