

The Texas SDC Program is **not** a crisis service or even a regular component of your basic mental health services. We will help you add goals, value, and meaning to your life through person-centered planning, but it is your responsibility to maintain your mental health throughout the SDC experience. This exercise(s) will hopefully assist you and the Texas SDC Program staff in understanding how you manage your health.

**Making a Crisis Prevention Plan**

When things are quiet and calm, it's a good time to plan what to do if a crisis should occur. Having such a plan will make it easier for you to know what to do if you have a problem. It's a good idea to create your crisis plan with the people you plan to call if you need help. You'll get more ideas by making everyone a part of the plan.

**1. Which of my early warning symptoms require a quick response?**

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**2. Whom should I call first if I need help?**

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**3. Who will call and stay in touch with my doctor, nurse, or case manager if I can't do it myself?**

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**4. What should I do when I feel out of control?**

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**5. Sometimes, the hospital can't give any information to the people who are helping me. Can we set up a plan ahead of time with my treatment team so information can be given to the people who are helping me? Write your plan here:**

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**Taking Steps to Prevent Crisis:**

Avoiding a crisis means taking action in advance to prevent a crisis from occurring.

- Keep track of your early warning symptoms.
- Ask a close family member or friend to help you monitor your symptoms.
- Take your medicine as directed by your doctor.
- Talk to your doctor, nurse, pharmacist, or other member of your treatment team before starting any new medicines (including nonprescription medicines).
- Keep to a regular sleep schedule.
- Ask for help with activities that may cause stress.
- Avoid situations that you feel are too stressful for you.
- **Do not** use alcohol or street drugs.
- Call your doctor, nurse, case manager, or other member of your treatment team right away if you notice early warning symptoms or need their help in avoiding a crisis.

**Crisis Situations Don't Have to Happen to You**

Keeping stress at an even, comfortable level is one way to keep you from heading toward a crisis. Stressful situations can't be avoided entirely. But knowing how to solve problems before they get too big, and knowing how to communicate the way you feel may help you handle stressful situations more easily. Knowing when to ask for help is also important. Don't be shy about asking family members or friends to be involved in your Crisis Prevention Plan. They may see things that are happening to you before you do—and they can alert you that it's time to take action. Finally, be sure to keep doing the things that will help you feel well—take your medicine every day, visit your doctor regularly, get the right balance of rest and exercise, and watch for early warning symptoms. All of this may not seem necessary, especially if you're feeling well. But as many people have discovered, these are some of the best ways you can help yourself prevent crisis situations from interfering with your life.

**\*REMEMBER, YOUR SDC ADVISOR WILL BE CONTACTED IN THE EVENT THAT HOSPITALIZATION OCCURS DUE TO A CRISIS.\***

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PARTICIPANT NAME

DATE

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SDC ADVISOR

DATE

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