

Mental Well-Being: Crisis Planning & Care

Would you consider it “odd” or “different” if a business had a management plan in place in case of a fire? Or, what about if there was a tornado or a flood? One would hope that there would be fire escapes, exit strategies, shelters etc...right?

In business, there is a term called “Crisis Management” and is defined as “the application of strategies designed to help an organization deal with a sudden and significant negative event.” Some may say that it is imperative that all businesses/organizations have this. But, is it really that important? Ask any CEO and I am sure they will tell you having a crisis management plan is vital to any successful business and is a normal part of any businesses’ Standard Operational Procedure. It is crucial that you prepare for whatever comes your way and have a plan of action to handle an emergency crisis. Having a plan means the business can continue to effectively carry on with their day-to-day operations, even during times of a “negative event”.



What if we looked at ourselves like a business? What would you do different? Would the idea of having a crisis management plan be different? Should it?

Unfortunately, when it comes to our own crisis planning and mental well-being care, there is still stigma associated with it. This stigma results in people ignoring their own well-being. We are here to say STOP THE STIGMA! It is important to care for yourself and for your loved ones to care for themselves as well!

Personal Crisis Plan



The term crisis can be used to describe a number of different situations, but it essentially comes down to a situation that’s negative and/or disruptive and it can adversely impact your life and those around you. A crisis is a situation where a person is at risk of hurting themselves or others and/or when they are not able to resolve the situation with the skills and resources available.

What causes a mental health crisis? The answer to that is not easy nor is it the same for everyone. Many variables can lead to a crisis situation for

someone, including increased stress, physical illness, problems at work and/or school, changes in family situations, trauma/violence, or substance use can be a trigger for a crisis.

There are a lot of uncertainties in the world, but not knowing what to do when you or someone you love is experiencing a crisis, doesn't have to be one of those uncertainties. Attached to this article is a copy of a blank crisis plan you can use to create your plan.

After you've completed your crisis plan, here are some helpful tips for you:

- Use your plan when you **START** to experience symptoms.
- Have it in an easy to see place like your fridge door or inside your medicine cabinet. Plans can also be posted in multiple areas
- Share it friends and family members and go over it with them.
- Take a photo of it with your phone so you have a "travel" copy of it with you.
- Review your crisis plan annually and/or after a crisis to update and revise if needed.

References:

Lopez, R. (2015). The importance of an up-to-date business crisis management plan. Retrieved from <http://rmi-solutions.com/blog/the-importance-of-business-crisis-management-plan/>

NAMI Minnesota. (2010). Mental health crisis planning: Learn to recognize, manage, prevent, and plan for your loved one's mental health crisis. Retrieved from <http://www.namihelps.org/Crisis-Booklet-Adults.pdf>

Photos are courtesy of Google Images

**COMMUNITY
LIFE MANAGEMENT / CRISIS PLAN**

Symptoms and Triggers:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Medical & Mental Health Professionals

Case Manager:

Phone:

Therapist:

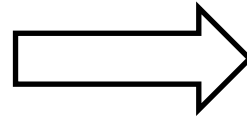
Phone:

Psychiatrist:

Phone:

Physician:

Phone:



Helpful Actions:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Family & Friends that I can call

Name:

Phone:

Name:

Phone:

Name:

Phone:

Name:

Phone:

Name:

Address & Phone:

DOB:

Diagnosis:

Medication:

People I live with:

My children / pets can go:

Client Signature

Date

Case Manager

Date