



Plan ahead: helping your loved ones help you

An important step in your treatment is to have a plan in place to help you and your loved ones manage if your symptoms worsen or become more than you can handle. Your plan should include specific steps you or someone close to you can take to deal with serious or even moderate symptoms that appear to be getting worse quickly.

Examples of serious symptoms are recurrent thoughts of harming yourself or others or an actual plan to harm yourself or others. It's a good idea to complete your crisis plan and keep it where it is easily accessible. You might also want to consider giving a copy to a trusted friend or family member. Common components of a crisis plan include the following:

Doctor's name and telephone number:

Therapist's name and telephone number:

Medications that you take (list how much and how often):

Friend or family member (and telephone number) you can call or stay with until you feel safe:

<i>(Name)</i>	<i>(Relationship)</i>	<i>(Telephone number)</i>
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<i>(Name)</i>	<i>(Relationship)</i>	<i>(Telephone number)</i>
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Get help right away if you are thinking of hurting yourself or others.

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