

Building Blocks for Your Crisis Plan

What would you need for your family member or yourself in case of an emergency?



Hope is not a strategy, but when we combine hope with a plan - you are prepared for whatever comes. As family members or caregivers, the best thing we can do is prepare for the unexpected.

Using this resource, decide the most important information you need, and begin to build your plan. Be sure to keep a digital copy, and email it to your phone.

Let's get started.

MED	DICAL
	Current diagnosis of your family member
	Photo of your family member
	Their vital statistics (IE: age, date of birth, height, weight)
	Medical Insurance information and copy of insurance card
	Medical history including allergies
	All current medications with directions and dosage (RX & OTC)
	Contact information for medical specialists, treatment providers, therapists, mental health
	clinic or treatment facility Alternative contact information for weeknights or weekends
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DOC	UMENTS 🗒
	Any of the following: Psychiatric Advance Directive, Supported Decision Making Agreement,
	Medical Release, or Medical Power of Attorney
	Treatment records
CON	TACTS (A)
	Key contact information for family and friends (phone numbers and emails)
	Contact information for your attorney or legal representative (Note: Legal Services Corporation, a nonprofit, provides quality legal representation and advocacy to low-income individuals at www.lsc.gov)
	Identify Crisis Hotline (24/7), local Warmline, or Crisis Response Team to assist managing or experiencing a mental health and/or substance use disorder emergency.
	Contact information for your attorney or legal representative. (Legal Services Corporation, a nonprofit, provides quality legal representation and advocacy to low-income individuals. www.lsc.gov)
	Nearest hospital or other addresses you might need in an emergency
	Local police non-emergency line



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CONSIDER
 Will you need childcare, eldercare, or other additional support for other family members? Will you or your family member need an overnight bag? If you are away from your home for 24 hours, do you require any medications? Do you have a support group, sponsor, peer recovery specialist, or coach? Consider sharing a copy of this plan with your adult child, trusted family member, friend, or medical/therapeutic professional involved with your family member.
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