

# 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.

## MEDICAL



- 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

## DOCUMENTS



- Any of the following: Psychiatric Advance Directive, Supported Decision Making Agreement, Medical Release, or Medical Power of Attorney
- Treatment records

## CONTACTS



- 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](http://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](http://www.lsc.gov))
- Nearest hospital or other addresses you might need in an emergency
- Local police non-emergency line

