



*Crisis Plan*

**Identify at least 3 family/friends to contact when feeling in crisis:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

**“I can distract myself or cope with these feelings by...”**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

---

---

**Emergency Contacts**

Access Crisis Line (San Diego): (888) 724-7240

Non-emergency Sheriff’s Department (Oceanside): (760) 435-4900

I \_\_\_\_\_ agree to follow this crisis plan by reaching out to people in my support systems. I also will make attempts to recognize my feelings and with understanding those emotions, I will be able to redirect my negative thoughts, actions, and behaviors with coping skills.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date