



Crisis Plan for Depression

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- A Crisis Plan for Depression is a personalized guide that helps you or your loved ones navigate moments of overwhelming depression or suicidal thoughts.
- By preparing a plan ahead of time, you can identify warning signs, coping strategies, and key people to reach out to when you're struggling.
- This plan is designed to provide clarity and support when you need it most, giving you a lifeline during moments of crisis, and a structured path toward safety and healing.
- By preparing your crisis plan now—before you reach a low point—you can ensure that you're ready to take action when it matters most. It's like having an emergency kit for your mental health, complete with coping strategies, key contacts, and reminders of why your life is worth living.

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When to Use Your Crisis Plan for Depression

You should use your crisis plan whenever you notice the warning signs that your depression is worsening. Here are some common situations where having a plan in place can help:

- **Early Warning Signs:** If you start feeling disconnected, hopeless, or unusually fatigued, this could be a sign that your depression is getting worse. Using your plan early on can help prevent these feelings from spiraling into a full-blown crisis.
- **Suicidal Thoughts:** If you're experiencing thoughts of self-harm or suicide, it's important to act immediately. Your crisis plan will give you the steps you need to take to stay safe, such as contacting a trusted person or calling a crisis hotline.
- **Emotional Overload:** When you're feeling overwhelmed and can't think clearly, it's easy to lose track of healthy coping strategies. Your plan provides a set of tools and resources you can turn to in those moments, so you don't have to figure it out on your own.
- **Sudden Crisis:** Sometimes a crisis can hit out of nowhere. If you find yourself in a sudden emotional low, your crisis plan will help you take quick, decisive steps toward safety and support.

Reminder: *Remember, your crisis plan is there to support you before things reach a breaking point. The sooner you use it, the more effective it can be in helping you manage your emotions and stay on track.*

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Additional Tips for Using Your Crisis Plan Effectively

Here are a few extra tips to help you make the most of your crisis plan:

- **Keep it Accessible:** Make sure your crisis plan is easy to access in a moment of need. You might want to print it out and keep it in a visible place, or save a digital version on your phone.
- **Share It with a Trusted Person:** Consider sharing your completed plan with a close friend, family member, or therapist. Having someone else involved can give you extra support and accountability when you're struggling.
- **Review and Update It Regularly:** Your needs and coping strategies may change over time, so it's important to review your plan regularly and make adjustments as needed. Keeping it up to date ensures it's always ready when you need it.
- **Use It Early:** Don't wait for a full-blown crisis to start using your plan. As soon as you notice any warning signs, take action using the tools and strategies you've outlined."

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My Support System

Name	Phone Numbers	Relationship	Emergency Contact?

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What Can Trigger a Crisis for Me?

Situations	Actions	Phrases	Other

What Are My Warning Signs for a Crisis?

Behaviors	Thoughts	Feelings	Other

What Can My Support System Do To Help Me?	What Should My Support System Avoid Doing?

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These are some good coping skills I can use to help myself when I'm in crisis:

These make my life worth living because they mean so much to me:

These are memories that always make me smile:

This is what I would say to a friend who is feeling depressed:

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These are the places where I feel the safest:

This is a list of the life goals I'd like to achieve someday:

This is my bucket list of things I want to do in the future:

This is my bucket list of places I want to go in the future:

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When dealing with depression, it's easy to feel overwhelmed and uncertain about what to do when things get tough. That's where a Crisis Plan for Depression comes in.

Once you've filled out your Crisis Plan, keep it in a place where you can easily access it—whether it's printed out, saved on your phone, or shared with a trusted person.

This plan is a personalized tool that helps you prepare for difficult moments, providing clear steps to follow when you need support the most. Whether you're experiencing an emotional low, struggling with suicidal thoughts, or simply feel like depression is becoming unmanageable, your crisis plan is here to guide you toward safety, connection, and healing.

Review and update your plan regularly to make sure it reflects your current needs and support system. Remember, this plan is here to guide and protect you when times get tough, so use it whenever you need to.

Date of Last Edit:

I Shared a Copy of This Plan With: