

# TOOLS FOR CRISIS PREVENTION

**With good planning and support**, many people living with mental illness can avoid and/or experience less harmful crises. Often, certain crisis interventions (such as police involvement) are traumatic experiences. While these interventions may maintain the person's physical safety, they may be harmful to the person's mental health and recovery.

## WHAT SHOULD THE PLAN INCLUDE AND WHO SHOULD HAVE A COPY?

At a minimum, the plan should include the info in the sample crisis plan on page 71. However, good plans are more detailed and focus on prevention, using models such as WRAP (Wellness Recovery Action Plans). The plan should only be shared with people chosen by the plan's owner.

## MAKING A CRISIS PLAN: SELF-DIRECTION!

Although it is always a good idea for family members to have basic emergency information accessible, truly effective crisis plans will be created by the person experiencing mental illness — *when they are feeling well*. The plan doesn't need to be created in one sitting, it can be developed over time.

### TOOLS AND TEMPLATES

- **WELLNESS RECOVERY ACTION PLANS** include a crisis planning section: [mentalhealthrecovery.com](http://mentalhealthrecovery.com). No computer access? Call NAMI Wisconsin and we can mail one to you.
- **FACING US CLUBHOUSE** provides free online wellness tracking, crisis plan templates and more: [facingus.org](http://facingus.org). No computer access? Call NAMI Wisconsin and we can mail materials to you.
- **EMOTIONAL CPR** (eCPR) is an educational program designed to teach people to assist others through an emotional crisis by three simple steps: C=Connecting, P=emPowering, and R=Revitalizing. More information at [emotional-cpr.org](http://emotional-cpr.org).
- **NAMI FAMILY-TO-FAMILY** is a free educational program for families, partners and friends of individuals with mental illness. Family-to-Family helps you develop a better understanding of mental illness and increases coping skills, including during crises. More info at [namiwisconsin.org](http://namiwisconsin.org).