

# **Anti- Carceral Crisis and Safety Planning**

Project  
LETS

# getting started

**Crisis situations look, feel, and sound, different for everybody. They each require their own approach.**

We have been conditioned to believe that a mental health crisis is what happens when a person is wearing "dirty" clothes, talking to themselves loudly, wide eyes, sudden movements, "strange" facial expressions. Psychiatric crises happen to strangers who go crazy or do drugs or are biologically, genetically, batshit crazy. This is far from the truth.

**Crisis situations occur when an environment can no longer meet a person's needs.**

- Someone is holding it together for a long time & cannot
- Unmet needs (housing, safety, food, etc.)
- Big, impactful or repeated negative experiences with authority
- Grief
- Trauma
- Drugs, lack of sleep
- Spiritual experiences/access to altered states
- Chronic pain / can no longer handle physical sensations in body

**Crisis situations are not synonymous with violence.**

Imagine a crisis situation like a pipe that is about to burst. We either need to make space for the water to flow, or stop the intensity of the pressure. If we're unable to do that, our nervous systems may panic & we may engage in what is called violent behavior out of a desire to get our needs met in a particular moment, or defend ourselves.

**Bringing in police is always an escalation.**

**The mental health system is fundamentally carceral and often exacerbates trauma, perpetuates abuse, and offers no sustainable or long-term healing strategies to mitigate the violence of living under racialized capitalism.**

**How do I feel when I'm doing well? How does my body feel? What are my thoughts like?**

***Example:*** I wake up in the morning and feel calm, not agitated; I experience less sensory overload; my stomach doesn't hurt

**How do I feel when I'm doing not doing well? How does my body feel? What are my thoughts like?**

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**Early warning signs that I may be  
having a hard time:**

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**Urgent warning signs that I am approaching a crisis:**

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**WHEN YOU  
SEE**

*Me screaming and  
banging my head into  
the wall*

**YOU MIGHT  
THINK**

*I'm trying to hurt  
myself*

**BUT  
ACTUALLY**

*I am stimming and  
trying to calm myself  
down*

# My support team

*Who will have a copy of this plan? What are their names, addresses, and contact information?*



# **What questions can your support team ask if they are concerned about you?**

*Examples: Have you eaten recently? What has your sleep been like? Are you taking your medication?*

# What can your support team do to support you?

*Examples: check in once a day, stay with me, make me food or deliver groceries, not threaten me with hospitalization, leave me alone if that is what I ask for*

# **In the past, what kinds of treatment, help, or healing has been most supportive?**

*Examples: seeing an herbalist, going into nature, talk-therapy, specific medication, being given space to move through crises*

**Names & contact  
information of any  
preferred mental health  
providers or attorneys**

**Signs I am no longer making  
the best decisions for  
myself:**

# **My plan for supported decision making:**