

Emergency Self-Care Plan

The purpose of this plan is to identify supports that you can utilize in the event of an emergency.

Your first step in an emergency is to get out of danger. Call 911 if needed to escape the dangerous situation. The next step is to call a trusted family member or friend for support to help you think through your action steps. Hopefully, you can reach someone who can come and be with you in person.

In a true emergency, it is very hard to think clearly about everyone you need to call. So, having information prepared in advance and stored on your phone is a great asset. I recommend the following listings be included:

Insurance Company Member Services - in case you need a specialist or advocate.

Primary Care Doctor - in case you need specific medical help from someone who knows you.

Therapist (if you have one) - make sure to know what their emergency number is.

Faith Community Leader (if you have one) - Minister, Rabbi, Imam, Chaplain, etc.

Psychiatrist - Even if you don't think you will ever need this, have the name of a practice or individual you would consider calling in the event you did need help with a psychiatric matter.

Attorney - Even if you don't have one, select a firm that you would be willing to call if you needed some legal advice.

Hotline Numbers: Again, even if you think you would not personally ever need this, you may have a friend or neighbor that does, and you will be glad you have it handy!

National Suicide Prevention Lifeline: 800-273-8255

National Domestic Violence Hotline: 1.800.799.7233

**SAMHSA National Help Line: Behavioral Health, Disaster Distress, Substance Disorders
1-800-662-4357**

Try to include any hotline or support lines particular to specific situations in your family (i.e. autism, brain injury, etc.).

Self-Care in the aftermath of emergencies will vary depending on the situation. However, there are people trained to coach you along the way so that you can recover from the difficult time. Try to look for a therapist (social worker, psychologist, or other licensed mental health provider who specializes in your particular situation (e.g., grief and loss, recovery from physical injury, divorce).

You don't have to go it alone. Reaching out for assistance is a sign of strength and resilience!