

MENTAL HEALTH CRISIS PLAN



*If you are having suicidal thoughts go to your GP or call Lifeline on 13 11 14
If you have serious concerns about your safety or the safety of others, call Triple Zero
(000)*

How To Use: Take the time to fill out the plan with the contact numbers of your professionals and family and friends. In step one, you want to work out when you need to activate the plan. Follow steps 2, 3 and 4 in sequence and stop once you feel safe again.

Professionals

GP / Physician	
Psychologist	
Hotlines	

Family and Friends

Name	Phone Number

Step 1) When you should activate your mental health crisis plan

Step 2) Call a family member or friend - Refer to the table above

Step 3) Speak to a counsellor from any of the hotlines - Refer to the table above

Step 4) It's time to bring in the big guns - Make an appointment with your GP or in an emergency call Triple Zero (000) and ask for an ambulance.