

Crisis Can't Wait



Know Your Crisis Intervention Plan

The lack of access to mental health crisis intervention in Black/African ancestry communities can result in more individuals with serious mental illness experiencing a crisis without the appropriate support. Having a crisis intervention plan can help! A crisis intervention plan serves as a road-map for guiding you or a loved one through moments of mental health distress. Be ready when a mental health emergency strikes. Know your crisis intervention plan.

Having a crisis intervention plan can help.

Personal Information and Health History

Identifying Information

- Name, address, date of birth

Current Health Details

- List any current mental health diagnoses and medications.
- Note any history of suicide attempts, drug use, or psychosis.

What Works and What Doesn't

- Document strategies and treatments that have worked in the past.
- Share what helps to create a sense of calm or reduce symptoms.
- List any actions or people that may make the situation worse.

Emergency Contacts and Support Network

For Immediate Help

- List addresses and contact information for nearby crisis centers or emergency rooms.
- Provide safety plans that include when to contact the 988 Suicide & Crisis Lifeline, 911, or other crisis services.

Health Care Professionals

- Include contact information for health professionals (name, phone, and email).

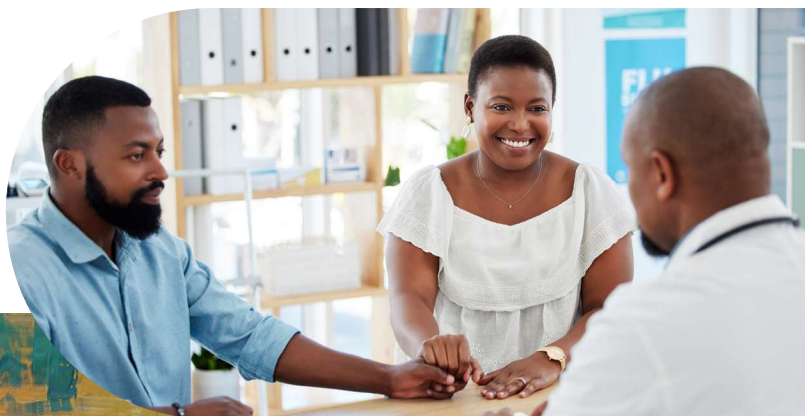
Trusted Supporters

- Share contact information for trusted adult relationships, such as neighbors, friends, family members, favorite teacher or counselor at school, people in faith communities, or work colleagues.

KEEP YOUR PLAN HANDY

Store your information on a cell phone, wallet sized card, small notebook or planner you always carry.

*Source: [NAMI's Navigating a Mental Health Crisis Guide](#)



The Crisis Can't Wait Campaign was created to improve access to care for people experiencing serious mental health conditions in Black/African ancestry communities. To learn more visit nami.org/chea.

