

The Crisis Response Plan

1

Explain the rationale for the CRP



2

Provide a card to record their CRP



3

Identify personal warning signs



4

Identify self-management strategies



5

Identify reasons for living



6

Identify social supports



7

Provide crisis numbers and resources



8

Check likelihood they will use the CRP



CRP Tips

Avoid large paper
or pre-printed forms.



Use an index card or
business card.



Ask individuals to
handwrite their CRP



Asking About Warning Signs

“What are some of the things you notice inside yourself during these situations?”

“What are some of your indicators that things aren't going so well and are getting out of control?”

“If we wanted to prevent this from happening in the future, how might we know when you're heading down this road?”



Identifying Self-Management Strategies

“When you're feeling upset or stressed, what are some of the things that help you calm down or feel less stressed?”



Identifying Reasons for Living

“What are your reasons for living?”

“What gives you a sense of purpose and meaning in life?”

“What stood in the way of you killing yourself?”

“What continues to stand in the way of killing yourself?”



Identifying Social Supports

“When feeling stressed or upset, who helps you take your mind off of things or cheer you up?”

“Who do you know who provides you with support during tough times?”

“People often have a family member, friend, or coworker who supports them in times of need. Who would that person be in your life?”



My CRP

Warning Signs

Tearfulness, tension in the shoulders, pacing, ruminating, changes in sleep, anger, withdrawal from social situations

Self-management Strategies

Walk for 15 min, take a hot shower, play guitar, watch cooking videos

Reasons for Living

The kids - Georgia, Lincoln, & Lenny
My sweetheart, Leann

Social Supports

Todd: (555) 555-5555
Matt: (555) 555-5555
Leann: (555) 555-5555
Dad: (555) 555-5555

Crisis/Professional Services

Suicide and Crisis Lifeline: 988
OSU Warmline: (555) 555-5555
Go to Eastside ER



Evaluating the Usefulness of the CRP

“What do you think about this plan?”

“How likely are you to use this plan?”

