



Making a Crisis Action Plan

All families have times when things get tough and crises happen. Sometimes things can happen out of the blue that are stressful. Sometimes there are things that we know can happen from time to time and it is helpful to plan ahead for this. For many families, this is planning for times when a parent or family member becomes unwell with their mental illness.

How can we plan ahead?

Everyone feels better if they know what to do if there is a crisis. It is a good idea to work out what needs to happen if your Mum or Dad has to go to hospital if they get sick. Your Mum or Dad's case manager or worker can help with this and everyone can have a copy.

Some important things are:

- Who will look after you?
- How will you get to school?
- Are there other people you can stay with? get to?
- What should you tell your friends or school?



What should I do in a crisis?

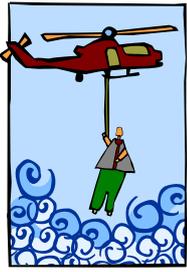
If things get very upsetting or scary at home and there are no other adults there who can help you, you should know what to do. So, you need to know where all the important phone numbers are so that you can get help at any time of the day or night. These numbers should be talked about with your family. Put them on the fridge or put them automatically into your phone if you have a touch phone.

- Call a relative or trusted adult friend who lives close by.
- Call the police for help on '000'.
- Call Eastern Health Psychiatric triage (for information, assessment and referral) 24 hours a day, 7 days a week ph: 1300 721 927.
- Find a place in the house if you can where you feel safe.
- Call Kids Helpline 1800 55 1800

How will I know if it is a crisis?

- If you feel unsafe or scared by the way your parent is behaving.
- If there is physical fighting between your parents or other adults in the house.
- If you cannot understand what your parents are saying or they are not making sense to you.
- If you notice your parent is hurt.
- If you are alone and worried about where your parent might be.





I My Crisis Action Plan

Check with Mum and Dad about making this plan and that they agree with it when it is finished. Fill this out as best as you can, print it out and then put it somewhere safe where you can find it.

Somewhere I can go when things get scary is:

A person I trust who could help if I'm in a situation that worries me is:	
Their phone number is:	

5 things I can do to help me get less stressed are: (example: go to my room to play, phone a friend, listen to music, talk to someone)	
1	
2	
3	
4	
5	

Important Phone Numbers	
The Psychiatric triage number is:	
My parents case manager/workers' name is:	
Their phone number is:	
Two other adults I can call	
Name:	Phone Number:
Name:	Phone Number:

I know my Mum/Dad is becoming unwell when I notice...

Now that you have made your Crisis Action Plan, be sure to **print it out** & put it somewhere safe where you can find it.