$\qquad$

## CRISIS PLAN

| CLIENT INFORMATION |  |  |
| :--- | :---: | :---: |
| Name__ | Date of Birth____ Phone___ |  |
| County of Residence__ |  |  |
| Emergency contact |  |  |

## MEDICAL INFORMATION

Counselor/case manager $\qquad$ Phone $\qquad$
Phone $\qquad$
Provider Agency
Phone $\qquad$
MH Prescriber $\qquad$ Phone $\qquad$
Primary Care Physician $\qquad$ Phone $\qquad$
Person who has a list of current medications $\qquad$
Medications that have been helpful in emergencies $\qquad$
Allergies/severe medication issues $\qquad$

Mental health conditions $\qquad$
$\square$
$\qquad$

Substance u se issues $\qquad$
$\qquad$
$\qquad$

Other medical conditions $\qquad$

Most recent psychiatric hospitalization: Where? $\qquad$
Date $\qquad$ Reason

## CRISIS PLANNING

When I'm ok, I $\qquad$
$\qquad$
$\qquad$

When I'm in crisis, I $\qquad$
$\qquad$
$\qquad$

In the past I've tried (give date and results of effort) $\qquad$
$\qquad$
$\qquad$

What helps when I'm in crisis $\qquad$
$\qquad$
$\qquad$
What doesn't help $\qquad$
$\qquad$
$\qquad$
Agreements and recommendations:
Agrements and recommendions
$\qquad$

I would like to request a trauma survivor peer support volunteer.
This information can be shared with the following people and agencies to help me in an emergency
$\qquad$
$\qquad$
$\qquad$

Signed Date

Signed
Date

Oregon state law allows healthcare providers to share your confidential information to the extent necessary to help you during an emergency. Oregon Revised Statutes 179.505 (4)(a)

