* How do you define a crisis? What does that look like and feel like for you?

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* What situations in the past have led to a crisis for you?

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* How can you tell when you aren't doing well? What do you notice yourself thinking, feeling, and doing?
  + Self-harm (cutting, burning, hitting, etc.)
  + Irritability
  + Loss of interest
  + Thoughts of ending your life
  + Thoughts of hurting other people or ending their life
  + Difficulty with daily tasks
  + Sleeping more than usual
  + Sleeping less than usual
  + Increased energy
  + Decreased energy
  + Cravings/thoughts of using
  + Increase in strange ideas
  + Feeling confused/disorganized
  + Hearing voices
  + Seeing things other people can’t
  + Confusion/difficulty making decisions

Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* How could other people tell that you aren't doing well? What might we notice you doing or saying, even if you don't feel like you can tell us what's going on?
  + Isolation (not responding to friends/family, missing appointments, etc.)
  + Difficulty with daily tasks
  + Sleeping more than usual
  + Sleeping less than usual
  + Increased energy
  + Decreased energy
  + Pacing, fidgeting
  + Destroying property
  + Making threats
  + Irritability
  + Substance use
  + Changes in appetite/eating patterns

Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* What prevents you from using your coping skills?
  + Isolation
  + Low mood
  + Feeling embarrassed/judged
  + Lack of practice
  + Substance use
  + Low energy/motivation
  + Impulsivity
  + Heightened emotions/sense of urgency
  + Indecisiveness/perfectionism
  + Not being able to think clearly
  + Feeling unsafe/judged

Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* What are some things you can do for yourself every day to help you stay well?
  + Drink water
  + Eat food
  + Take medication
  + Move my body
  + Get good sleep/rest
  + Hygiene
  + Mindfulness/meditation
  + Practice coping skills
  + Stay connected with social supports
  + Do something fun/joyful
  + Decrease engagement with negative content/attitudes – social media, news, people around you, etc.

Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* What do you find helpful when you're not doing well? What things can you do to help yourself? What can others do to help you?

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* What kinds of things make you feel worse, especially when you aren't doing well?

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* How do you know when you need to be hospitalized or need more support?

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* What else would you like us to know about what makes you feel safe?

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* What can you do, or what can we do, to make your environment safer for you if you're in a crisis?

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* How do you decide that you need to reach out to others for support?

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* Who helps you feel better when you're struggling? Add in their name, relationship to you, and phone number.
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Professional supports and contact info – crisis lines, county crisis services, etc.
  + Primary Counselor at NorthStar: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Mental Health Therapist at NorthStar: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Call or Text: 988 (National Mental Health Crisis Hotline; available 24 hours/day)
* Mental Health County Crisis Teams
* Anoka County: 763-755-3801
* Blue Earth County: 1-877-399-3040
* Carver County: 952-442-7601
* Dakota County: 952-891-7171
* Faribault County: 1-877-399-3040
* Hennepin County: adults or children – 612-596-1223
* Isanti County: 1-800-523-3333
* Kanabec County: 1-800-523-3333
* McLeod County: 1-320-864-2713
* Mille Lacs County: 1-800-523-3333
* Ramsey County: adults – 651-266-7900, children – 651-266-7878
* Scott County: 952-818-3702
* Sherburne County: 1-800-635-8008
* Stearns County: 1-800-635-8008
* Waseca County: 1-844-274-7472
* Washington County: 651-275-7400
* Wright County: 1-800-635-8008
* Crisis Residences
* Riverwind Crisis Residence
* 2708 119th Ave NW, Minneapolis, MN 55433
* (763) 862-7944
* Diane Ahrens Crisis Residence
* 1784 Lacrosse Ave, Saint Paul, Mn 55119
* (651) 645-9424
* Nancy Page Crisis Residence
* 245 Clifton Ave, Minneapolis, MN 55403
* (612) 870-3787
* ReEntry Crisis Residence
* 1800 Chicago Ave, Minneapolis, MN 55404
* (612) 540-5700
* Maureen’s House Crisis Residence
* 314 2nd St. N., South Saint Paul, MN 55075
* Main Phone: (651) 455-6800
* Crisis Phone: (612) 267-5242