

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

When I feel out of control and don't know what to do. I feel overwhelmed.

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

Feeling trapped, break-ups

How can you tell when you aren't doing well? What do you notice yourself thinking, feeling, and doing?

- | | |
|--|---|
| <input type="checkbox"/> Self-harm (cutting, burning, hitting, etc.) | <input type="checkbox"/> Decreased Energy |
| <input checked="" type="checkbox"/> Irritability | <input checked="" type="checkbox"/> Cravings/thoughts of using |
| <input type="checkbox"/> Loss of interest | <input type="checkbox"/> Increase in strange ideas |
| <input type="checkbox"/> Thoughts of ending your life | <input type="checkbox"/> Feeling confused/disorganized |
| <input type="checkbox"/> Thoughts of hurting other people or ending their life | <input type="checkbox"/> Hearing voices |
| <input checked="" type="checkbox"/> Difficulty with daily tasks | <input type="checkbox"/> Seeing things other people can't |
| <input type="checkbox"/> Sleeping more than usual | <input checked="" type="checkbox"/> Confusion/difficulty making decisions |
| <input type="checkbox"/> Sleeping less than usual | <input type="checkbox"/> Increased energy |

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?

- | | |
|---|--|
| <input type="checkbox"/> Isolation (not responding to friends/family, missing appointments, etc.) | <input checked="" type="checkbox"/> Pacing, fidgeting |
| <input checked="" type="checkbox"/> Difficulty with daily tasks | <input type="checkbox"/> Destroying property |
| <input type="checkbox"/> Sleeping more than usual | <input type="checkbox"/> Making threats |
| <input type="checkbox"/> Sleeping less than usual | <input checked="" type="checkbox"/> Irritability |
| <input checked="" type="checkbox"/> Increased energy | <input type="checkbox"/> Substance use |
| <input type="checkbox"/> Decreased energy | <input type="checkbox"/> Changes in appetite/eating patterns |

What prevents you from using your coping skills?

- | | |
|--|--|
| <input type="checkbox"/> Isolation | <input checked="" type="checkbox"/> Impulsivity |
| <input type="checkbox"/> Low mood | <input checked="" type="checkbox"/> Heightened emotions/sense of urgency |
| <input checked="" type="checkbox"/> Feeling embarrassed/judged | <input checked="" type="checkbox"/> Indecisiveness/perfectionism |
| <input type="checkbox"/> Lack of practice | <input checked="" type="checkbox"/> Not being able to think clearly |
| <input checked="" type="checkbox"/> Substance use | <input type="checkbox"/> Low energy/motivation |
| <input checked="" type="checkbox"/> Feeling unsafe/judged | |

What are some things you can do for yourself every day to help you stay well?

- | | |
|--|---|
| <input checked="" type="checkbox"/> Drink water | <input checked="" type="checkbox"/> Stay connected with social supports |
| <input checked="" type="checkbox"/> Eat food | <input type="checkbox"/> Do something fun/joyful |
| <input checked="" type="checkbox"/> Take medication | <input type="checkbox"/> Decrease engagement with negative content/attitudes
- social media, news, people around you, etc. |
| <input type="checkbox"/> Move my body | <input checked="" type="checkbox"/> Get good sleep/rest |
| <input type="checkbox"/> Hygiene | <input type="checkbox"/> Mindfulness/meditation |
| <input checked="" type="checkbox"/> Practice coping skills | |

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?

Someone noticing and offering to help. I can reach out to staff or peers for help. Others can talk to me calmly and offer to go for a walk

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

People being impatient with me, treating me like I'm bothering them, pressuring me to

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

When I start to think about how I would hurt myself

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

A lot of times I just need someone to listen

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

Encourage me to engage with peers, call a friend, get outside/open a window

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

When I feel like I just don't know what to do anymore

Who helps you feel better when you're struggling? Add in their name, relationship to you, and phone number.

<u>Name</u>	<u>Relationship to you</u>	<u>Phone number</u>
Sample Testington	Mother	(555)555-5555

Professional supports and contact info – crisis lines, county crisis services, etc.

Primary Counselor at NorthStar: Best Staff Ever

Mental Health Therapist at NorthStar: Also Best Staff Ever

Call or text: 988 (National Mental Health Crisis Hotline; available 24 hours/day)

Additional supports:

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

Client Signature: _____

Staff Signature: _____

Staff Signature:
