

NAMI Homefront Mental Health Resources

for Military Service Members, Veterans and Their Families

Crisis Plan

A crisis plan should include:

- Multiple emergency contacts — phone and email
- Physician — phone
- Psychiatrist — phone
- Therapist or Counselor — phone and email
- Case Manager — phone and email
- Peer Support Specialist — phone and email
- Current medications and dosages
- Allergies (medications, foods, etc.)
- Formal steps to be followed if a crisis reaches a point where outside help must be called.
- Plans should include how the other family members will be taken care of, especially if there are children, people requiring 24-hour physical care or frail seniors involved.



Additional information about warning signs, fact sheets and record keeping can be found in **Navigating a Mental Health Crisis: A NAMI Resource Guide for Those Experiencing a Mental Health Emergency** (nami.org/crisisguide).