

# What Belongs in Every Plan

Use this brief reminder when collaborating on a plan with people in crisis.

## Elicit Their Ideas

- Ask open-ended questions to explore possible steps they can take to move forward.
- If they struggle to come up with ideas, ask them about the smallest step they could take.
- If they don't have any ideas, explore a general coping strategy that could be individualized.
- When you make a suggestion, ask them what they think about it.

<h3>What to Include in a Plan</h3> <p>While every person and situation is different, a plan should ideally include the following.</p>	
<h4>Next Steps</h4>	<p>Identify the activities and actions that the person will do immediately after the conversation ends, as well as in the following days and weeks to address the primary concerns related to the crisis.</p> <p><u>Examples:</u> Reaching out to a specific person, taking care of their immediate and ongoing needs, making important appointments.</p>
<h4>Coping Strategies</h4>	<p>Determine individualized things they can do to help themselves when they feel overwhelmed, upset, depressed, anxious, and so on.</p> <p><u>Examples:</u> journaling, exercising, eating a snack, spending time with support people or pets.</p>
<h4>Support People</h4>	<p>Make sure that the plan includes the name of each person and their contact information.</p> <p><u>Examples:</u> Family, friends, and other individuals they trust. Current service providers and any provided referrals</p>

For information go to the training Essential Skills in Crisis Counseling: Plan. (9/20/23)



The **988 Suicide & Crisis Lifeline** provides free and confidential emotional support and crisis counseling to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States and territories.



For 50 years, **Vibrant Emotional Health** has been at the forefront of promoting emotional wellbeing for all people. Vibrant administers the 988 Suicide & Crisis Lifeline, funded by SAMHSA, providing 24/7, free, and confidential support for people in emotional distress across the United States and territories.

**ALWAYS include information for contacting the Lifeline again.**

**Remember**

- Make sure the plan is personalized, specific, and doable.
- Include multiple options.
- Discuss potential barriers and solutions.

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