

Crisis Response Plan Template

This Crisis Response Plan provides a clear structure for supporting a colleague experiencing a mental health crisis. Complete this template to ensure quick access to support when it's needed most.

Immediate Action Steps:

- Ensure the person is safe from immediate harm.
- Stay calm and provide reassurance.
- Use the ALGEE action plan to guide your response.
- Contact emergency services if there is an immediate risk to life.

Signpost To Crisis Contacts:

Emergency Services (if life-threatening): 999 Samaritans (24/7 Helpline): 116 123
Occupational Health Contact: 01785 232492 or 01785 232244

MHFA/peer Support Contact:

Supervisor/Manager Contact:

Agreed Personal Crisis Plan For: Name:-

DATE:

1. Signs I may be in crisis:

2. Coping strategies that work for me:

3. People I can reach out to for support:

4. My safety plan if I feel at risk:

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Agreed Personal Crisis Plan: extra space