

Planning Ahead:

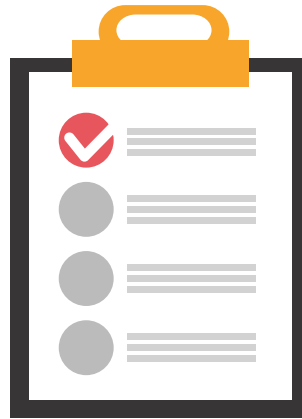
Helping to Avert a Mental Health Emergency

Tips for Success:

- Make the plan individualized.
- Write down the information.
- Include contact names and phone numbers.
- Keep the plan easily accessible.
- Do not hesitate to call for assistance when early signs begin. Trust your gut and seek help before an emergency occurs.

What is the purpose of a support plan?

A support plan helps you and your family members identify and address relapse symptoms before a mental health emergency occurs.



Create a personal plan by downloading NAMI's guide to *Navigating a Mental Health Crisis* at:
www.namimd.org/crisis_help

What steps are involved?

1. Learn early warning signs. These can include mood and thought changes, isolation, substance use, change in sleep hygiene or eating habits, and behavioral changes.
2. Eliminate stressors where possible or temporarily lower the expectations associated with the stressors that exist.
3. Identify effective coping strategies to help refocus such as video gaming, watching tv/movies, listening to music, talking to a friend, or taking a walk.
4. Know who to call if there is a change in thoughts, moods, and/or behaviors. These may include a doctor, therapist, statewide helpline, and 911 in the case of emergency.

Data from "Planning Ahead: Helping Families and Individuals Avert a Mental Health Emergency" by Bette Stewart

Find more Crisis Resources at http://namimd.org/crisis_help and Coronavirus (COVID-19) resources at http://namimd.org/coronavirus_resources



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