Crisis plan

Warning signs, measures and contacts prepared in advance — for when there is no strength left to think.

> In distress both attention and memory narrow. A plan written in a calm period does the thinking for you. **Therapy is not emergency care.** In severe distress call 112, an on-call doctor, or the Slovenian mental distress helpline Klic v duševni stiski, 01 520 99 00 (7 pm–7 am).

Early signs that things are going downhill

Sleep, withdrawal, letting things go …

What has helped me so far

Three concrete things, not general ones

Who I call

NAME	PHONE	WHEN I MAY CALL THEM

What others should do

What helps me …

What they shouldn't do …

Professional help

WHO	PHONE	HOURS

Emergency numbers

- [ ] 112 — emergency medical help
- [ ] 113 — police
- [ ] 01 520 99 00 — Klic v duševni stiski (7 pm–7 am)
- [ ] 080 11 55 — SOS helpline (24 hours)

For personal use.