



Avers & Biddle Counseling Associates LLC
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SAFETY / CRISIS PLAN

Avers & Biddle Counseling Associates LLC believes that your recovery is based upon many factors. Your therapist can help you with individual ideas just for you, but here are some of the common factors to get you started:

1. Attend all of your appointments regularly and as scheduled.

2. Know what things you do to keep yourself well and the things you do to help yourself feel better when you don't feel well.

Some ideas could be reaching out to a supportive person in your life, exercising, relaxation techniques, doing things that you enjoy, journaling, listening to music, getting enough sleep, eating well and practicing spiritual beliefs. (circle any of these that might be helpful to you)

Other ideas: _____

3. Recognize the things that if they happened, might make you feel worse (triggers).

Examples include work stress, family/relationship friction, financial problems, being overly tired, physical illness, spending too much time alone, etc. (Circle any that may apply to you)

Other: _____

4. Come up with an action plan to use if you start to feel worse or are in a crisis that you are having difficulty dealing with on your own.

*Some ideas could be calling a supportive person in your life, talking about it in therapy, contact your case manager if you have one, or look into getting one if you think this may be helpful, use any of the above ideas in number 2 or contact your local crisis intervention if an emergency situation arises. (circle any of these that might be helpful to you)

Other ideas: _____

County	Crisis Intervention	MH Case management
Dauphin	232-7511	441-2105
Lancaster	394-2631	393-0421
Lebanon	274-3363	274-3415
York	851-5320	771-9618

My signature below indicates that I have read, understand and agree with my safety/crisis plan as a client receiving outpatient services. I also agree to work with my therapist to individualize this to work best for me.

Client Name - Relationship to Client Client Signature Date

Witness Name Witness Signature Date