Chapter 18: My Emergency Support Plan

When I Am Struggling

There may be moments when my usual tools are not enough.

This is not failure.

This is a reminder to reach for additional support.

If I am in crisis right now:

☐ Call 988

☐ Contact emergency services

☐ Go to the nearest emergency room

☐ Contact my provider

Signs I Need Immediate Support

Examples:

- Persistent panic
- Inability to function
- Significant dissociation
- Thoughts of self-harm
- Severe depression
- Feeling unsafe

My warning signs:

My Step-By-Step Support Plan

Step 1

What can I do independently?

Step 2

Who can I contact?

Step 3

What professional resources can I access?

Step 4

If I am in crisis:

☐ Call 988

☐ Contact emergency services

☐ Go to the nearest emergency room

☐ Contact my provider

Emergency Contacts

Name: _____

Phone: _____

Relationship: _____

Name: _____

Phone: _____

Relationship: _____

Name: _____

Phone: _____

Relationship: _____

🗼 Lighthouse Practice

Remember

Asking for help is a form of strength.

Support exists so it can be used.