



PERSONALISED CRISIS PLAN

Name: _____ Filled in with: _____ Date: _____

PHASE	Behavior	Thoughts & Feelings	Actions
GREEN			
ORANGE	<ul style="list-style-type: none">•••••••	<ul style="list-style-type: none">•••••••	<p>To try by myself</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>To try with someone else</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p>
RED	<ul style="list-style-type: none">••••••	<ul style="list-style-type: none">••••••	<p>To try by myself</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>To try with someone else</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p>

Useful numbers:

- Community Help Service
+32 (0) 2 647 67 80
- Suicide Hotline: 1813
- General Emergency Number: 112
- Anti-Poison Center: 070 245 245
- Family Doctors On Call: 02 201 22 22
- Emergency Department & hospitalisations:
 - UZ Jette: +32 (0) 2 477 41 11
 - CHU Brugmann: +32 (0) 2 477 27 66
 - CHU Saint-Luc: +32 (0) 2 764 21 21

Relatives & friends:

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Profesional contacts:

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