CRISIS PLAN

A vital tool to keep someone safe during a 24-hour period when they are in danger of taking their life.

Issued by The OLLIE Foundation
A Crisis Plan can play a vital role in keeping someone safe during a 24 hour time frame when they are in danger of taking their life. This situation may have resulted from a build-up of anxiety over a number of days, or it may have come on suddenly. Either way, the person is at crisis point and needs round the clock care.

It is important to realise that in most cases, suicidal feelings pass within a 24 hour timeframe. They do not remain at a dangerous level for days at a time. By using OLLIE’s Crisis Plan you can implement the necessary support during a 24-hour period.

The Crisis Plan assigns “Crisis Carers” to a suicidal person’s needs, friends or trained professionals who will take it in turns to do shifts over a 24-hour period to be with the person and make sure they are not left alone. The Crisis Carers will offer support and remind the person at risk of all the reasons to live during this difficult time.

By using the Crisis Plan in conjunction with OLLIE’s Safe Plan you can work with the person at risk to show them their written reminders and visual prompts which will remind them of the reasons they need to live. Keep the Crisis Plan in a place where you can easily find it, or give a copy to someone trusted who can be on hand should things take a turn for the worse.
If things get too much and I can’t distract myself with the self-help measures contained within the OLLIE Safe Plan, these people can be contacted and I know they will be there for me.

Name

Contact number

Name

Contact number

Name

Contact number

Name

Contact number

Name

Contact number

Name

Contact number
12AM - MiDDAY

Colour code

Name
____________________

Name
____________________

Name
____________________

Name
____________________
### 12pm - Midnight

<table>
<thead>
<tr>
<th>Colour Code</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
STAYING SAFE MEANS REASSURING MYSELF

Maybe a good idea to have a repeat of the OLLIE Safe Plan here. I’ll need some of Helen’s magic to write something around the Crisis Carers using these prompts as aids to helping talk through with the person at risk

- I don’t want to die today.
- I want to stay safe today.
- I want to stay alive for right now.
- I want to give my thoughts and feelings the opportunity to change.
- There are people that want me to stay safe.
- There are people in my life that I love.
- There are animals in my life that I love.
- There are people that can give me hope that things can change.
REMEmber...

If at any time a person’s distress is increasing, their thoughts are worsening, or they have made an attempt to end their life, call 999 for emergency assistance.