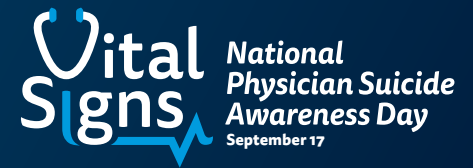


A Personal Crisis Management Plan for Physicians

It can be hard to reach out for support if you or a colleague is struggling, whether it's with stress, feelings of burnout, or another challenge. One way to help face these issues is to plan for them in advance. A personal crisis management plan is meant to do just that.

Listening to your heart and reaching out for support when you need it is critical to your personal wellbeing. Completing this tool will support you or your colleague in quickly accessing the coping strategies and resources you may need to navigate a moment of crisis.

For more information and resources, please visit: NPSADay.org



1 What are my personal crisis warning signs (thoughts, images, moods, situations, behaviors)?

1. _____
2. _____
3. _____

2 What are my healthy internal coping strategies that I can rely on in times of emotional distress (relaxation techniques, physical activity, mindfulness practices, etc.)?

1. _____
2. _____
3. _____

3 Who are a few people/what are the social settings I might turn to for relief?

Name: _____ Phone: _____
Name: _____ Phone: _____
Place: _____ Place: _____

4 Who can I ask for help?

Name: _____ Phone: _____
Name: _____ Phone: _____
Name: _____ Phone: _____

5 Who can I contact when I am in crisis?

Primary Care Clinician Name: _____ Phone: _____
Psychiatry/Counseling/
Psychologist Clinician Name: _____ Phone: _____
Hospital Employee Assistance Program: _____

Brought to you by:



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This document is intended for awareness-building and informational purposes only.

If you or someone you know is struggling or in crisis, call or text 988 or chat 988lifeline.org