

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 warning signs (thoughts, images, moods, situations, behaviors) that a crisis is developing?

1. _____

2. _____

3. _____

2 What are my healthy internal coping strategies—name a few things I can do to take my mind off my problems **without** contacting another person (relaxation techniques, physical activity).

1. _____

2. _____

3. _____

3 Who are a few people/what are the social settings that can provide me with a distraction?

Name: _____ Phone: _____

Name: _____ Phone: _____

Place: _____ Place: _____

4 Which people can I ask for help?

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

5 Who are the professionals or agencies I can contact during a crisis?

Primary Care Clinician Name: _____ Phone: _____

Psychiatry/Counseling/
Psychologist Clinician Name: _____ Phone: _____

Hospital Employee Assistance Program: _____

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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