

Information for me:	Information for Healthcare Professionals:	Practical Help in a Crisis:
<p>Positive Things I can do when I am in a Crisis: Play George Michaels songs on my headphones Take my dog for a walk Doing push-ups and lifting my dumbbells</p> <p>Things which have not been helpful when I have been in crises in the past: Drinking or using drugs Getting into arguments with people Sending my ex and my former friends text messages Watching romantic comedy movies</p> <p>Things I sometimes forget to do when I am in a crisis and may need to be reminded about: Take my regular medication because it does help me feel less hurt Remind myself that I have gotten through previous crises</p> <p>Situations which can lead to a crisis: Nightmares and flashbacks Not going to the gym Overloading myself with responsibilities Relationship problems Dwelling on the court orders about my kids</p> <p>Useful Phone Numbers: Samaritans xxxxxxxx Crisis Line xxxxxxxxxxxx My CMHT xxxxxxxxxxxxxxxx AA Sponsor xxxxxxxxxxxxxxxx</p>	<p>My difficulties as I see them now: Dealing with past trauma Not being able to hold down a job Struggling with voices that tell me to hurt myself Not being able to see my kids as much as I'd like</p> <p>Details of my current support from health professionals: I see my CPN every Friday I attend my SUN group every Tuesday afternoon</p> <p>Physical Illnesses & medication: I initially get restless when my medication is restarted but it is NOT akathisia and medication does help me so should not be stopped My current medication is Quetiapine 300mg & Sertraline 100mg</p> <p>Things which professionals have said or done in the past which have <u>not</u> been helpful: Switching around my medication Not asking me clear questions when I am talking Feeling sorry for me</p> <p>When I am in a crisis, I find it <u>unhelpful</u> if staff talk or relate to me in the following way: Not speaking slowly and clearly. Not giving me time to respond but also not prompting me and just walking away if I don't talk immediately</p>	<p>When I am in a crisis I do not want my kids to know my whereabouts, just to know that I'm in a safe place. If I am not coming home, my neighbour in flat ** has a spare set of keys and will take in my dog for a few days</p> <p>Things I would like professionals to do which may help me when I am in a crisis: A balance of giving me time and guiding me. Being able to get how I feel heard is very helpful to me.</p> <p>Ask me about PRN medication – I usually prefer Promethazine 25mg, using it and being given a quiet place to calm down for a few hours has worked. Using the phrase “We'll get through this safely” Prompting me to listen to George Michael songs also helps.</p> <p>Specific refusals regarding treatment during a crisis: Please don't call me 'sweetheart or 'honey' when you talk to me. They are very bad triggers and can actually make things worse. I know you mean well but please.</p> <p>Agencies / people I would like to have this crisis plan: Me My GP My CMHT My Father My electronic records so professionals can find and use this out of hours</p>

Draft Crisis Plan: Adapted from: Borschmann R, Barrett B, Hellier JM, Byford S, Henderson C, Rose D, et al. Joint crisis plans for people with borderline personality disorder: feasibility and outcomes in a randomised controlled trial. Br J Psychiatry J Ment Sci. 2013 May;202(5):357–64.