



Crisis Prevention Work Sheet

Signs leading up to crisis

Physical signs

Anxiety, depression, sleep disturbance, appetite disturbance

Behavioural signs

Anger, agitation, social withdrawal, lack of self-care

Cognitive signs

Thoughts of death, hopelessness, worthlessness

Emotional signs

Feelings – frightened, sad, lonely, trapped

Coping mechanisms

What has worked in the past?

What stopped suicide being completed?

Self-help coping mechanisms – Problem Solving

Developing a network of support

Who, When, Where & How

Available & appropriate to risk

Acceptable to the person

Problems & Triggers

What was happening prior to the crisis?

Is it likely to happen again?