**Be prepared in a crisis**

You never know when a crisis may occur. You can be more prepared if you have this information on hand. Gather this information and save the document to your hard drive, or copy it into a notes application on your phone.

**Providers and supports**

* Physician
* Therapist
* Psychiatrist
* Case manager
* Other

**Medications**

* Name of medications (List all medications)
* Dosage
* Any recent medication changes
* Approximately how much medication is remaining
* Name and location of pharmacy

**History**

* Prior suicide attempts
* Self-injury (non-suicidal, i.e. cutting, burning, etc)
* Alcohol and/or drug use
* Incidents of aggressive behavior
* Incidents of impulsive behavior
* What has worked before

**Family and social history**

* Recent experience with a suicide attempt, or death by suicide among family or peers
* Mental health concerns
* Drug and/or alcohol abuse