





My crisis plan



A **crisis** is when things get **really bad** for you.

This is a plan about what to do if that happens.

	<h3>About me</h3>
	<ul style="list-style-type: none">• How might you know if I am in a crisis?• What might I do?• What might I say?



Things that can help

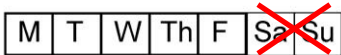


Emergency contacts

Insert local contact details below



The **Community Learning Disability Team** is open 9am to 5pm in the week.



We are **closed** at the **weekend**.



Here are some numbers you can call if things get really bad when we are closed:



Emergency Duty Social Work Team

NHS



when it's less urgent than 999

NHS 111

Open all day and all night



Accident & Emergency
Open all day and all night



Your doctor