

Bipolar Crisis Plan

7 Simple Steps

Use this guide to stay safe, supported, and, in control.



1. Trusted Contacts

List 3-5 people who can help during a crisis. Add their phone numbers and roles.



2. Medications & Health Info

Include current meds, dosages, allergies, and any important health conditions.



3. Preferred Hospital or Clinician

List 3-5 people who can help during a crisis. Add their phone numbers and roles.



4. Triggers & Coping Tools

Where do you feel safe? Which doctor do you trust? Add names and addresses.



5. Red Flags

Tell your loved ones what signals a crisis, like racing thoughts, isolation, or sudden mood shifts.



6. Reasons to Keep Going

Remind yourself why life matters, family, goals, faith, pets, anything that gives hope.



7. After-Crisis Recovery Checklist

List steps for after crisis, e.g. follow-up care, rest, therapy, or medication adjustments.