

This joint crisis plan has been developed by agreement between

**(service user's name)**

and

(name of treating CMHT)

**Please make every effort to fulfil this agreement in the episode of a crisis.**

Advance statements regarding preferences for care included in a Joint Crisis Plan are not legally binding. Where a Joint Crisis Plan includes a valid advance refusal of treatment, that specific statement is legally binding, but may be over-ruled in certain circumstances such as treatment under the Mental Health Act. This plan is part of a research trial designed to improve communication between the service user and professionals in the episode of a crisis. For details about the trial, please contact Dr Rohan Borschmann at King's College London: [rohan.borschmann@kcl.ac.uk](mailto:rohan.borschmann@kcl.ac.uk)



**\* EXAMPLE ONLY \***

**My name:** (service user's name)

**Address:** \_\_\_\_\_

**Tel. no:** \_\_\_\_\_

**My GP:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Tel. no:** \_\_\_\_\_

**My psychiatrist:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Tel. no:** \_\_\_\_\_

**My CPN / care coordinator:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Tel. no:** \_\_\_\_\_

**In a time of crisis, I would like the person below to be contacted as soon as possible and to be informed of what is happening:**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Home tel:** \_\_\_\_\_

**Work tel:** \_\_\_\_\_

**Mobile:** \_\_\_\_\_

## Information for me:

### Positive things I can do when I am in a crisis:

Play music in my room.  
Walk my dog.  
Avoid contact with my ex-partner.

### Things which have not been helpful when I have been faced with crises in the past:

Getting into arguments.  
Using alcohol or drugs.  
Being turned away from mental health services.

### Things I sometimes forget to do when I am in a crisis & may need to be reminded about:

Attend all of my appointments (or call ahead to let them know if I am unable to attend).  
Take my medication every day and take it only as prescribed.  
Remember that I have survived previous crises.

### Situations which can lead to a crisis:

Nightmares and flashbacks of previous abuse.  
Problems with money or with my ex-partner.  
Being overloaded with responsibilities (such as paying bills, attending appointments, etc.).  
Relationship difficulties (which can sometimes become overwhelming).

## Useful telephone numbers:

**Samaritans:** 08457-90-90-90  
**NHS Direct:** 0845-46-47  
**SLAM Helpline:** 0800-731-2864  
**My CMHT:** \*\*\*\*-\*\*\*\*-\*\*\*\*

## Information for healthcare professionals:

### My difficulties as I see them now:

Dealing with traumatic events from my past.  
Struggling with voices telling me to self-harm.  
Feelings of anxiety, panic attacks and coping with stress;

### Details of any current treatment / support from health professionals:

I see my CPN every Wednesday and I also see my GP every 4 weeks.  
I attend family therapy with my son at CAMHS

### Physical illnesses & medication:

I am allergic to penicillin and I am asthmatic.  
My current medication is my Ventolin inhaler and Olanzapine: 10mg at night.

### Things which professionals have said or done which have not been helpful in the past:

Increasing my medication.  
Not listening to me when I am talking and not treating me with respect.  
Being patronising towards me or dismissive of how I am feeling;

### When I am distressed, I find it unhelpful if staff talk or relate to me in the following way:

I like people to keep their distance while they're talking with me, as feeling closed in makes me get more distressed. Not being listened to.

## Practical Help in a Crisis:

I have two daughters; when I am distressed, my ex-partner \*\*\*\* (their mother) can take care of them. She can be reached on \*\*\*-\*\*\*\*-\*\*\*\*.

I have a pet dog and my neighbour \*\*\*\* (in flat number \*\*) is happy to look after him.

### Things I would like professionals to do which may help me when I am in a crisis:

Talk to me like I am a real person; don't just sit there doing 'active listening'.  
Don't put me in a small room or an enclosed space.

### Specific refusals regarding treatment during a crisis:

I do not wish to be given Parvolex (the anti-paracetamol drug) as I am allergic to it.  
Please do not touch me when you are talking to me.

### Agencies or people that I would like to have copies of this Joint Crisis Plan:

- ✓ myself
- ✓ my GP (insert name)
- ✓ my treatment team (clinician's name)
- ✓ my father (insert name)
- ✓ other (please name)

