

# Crisis Response Plan



**Purpose:** To help me remember what to do when I feel emotionally overwhelmed

Warning signs

Things I will do on my own

Reasons for living

Social support (e.g. friends, family, or others you trust)

Crisis/professional assistance

## Resources



### 988 Suicide and Crisis Lifeline

Dial 988 and press 1 for the Military/Veterans Crisis Line. Visit [militarycrisisline.net](https://militarycrisisline.net) for OCONUS calling options.



Real Warriors Campaign  
[health.mil/RealWarriors](https://health.mil/RealWarriors)

### Crisis Response Plan (CRP) Components:

The CRP involves the development of step-by-step instructions to use for patients before or during a suicidal crisis, including:<sup>1</sup>

- Semi-structured interview of recent suicidal ideation and chronic history of suicide attempts
- Unstructured conversation about recent stressors and current complaints using supportive listening techniques
- Collaborative identification of clear signs of crisis (behavioral, cognitive, affective or physical)
- Self-management skill identification, including things that patients can do on their own to distract or feel less stressed

- Collaborative identification of social support, including friends, caregivers and family members who have helped in the past and whom they would feel comfortable contacting in crisis
- Review of crisis resources, including medical providers, other professionals and the suicide prevention lifeline (988)
- Referral to treatment, including follow-up appointments and other referrals, as needed
- Providers delivering care in DOD are encouraged to always consider potential command involvement when developing plans for intervention and support for the service member

### Reference:

1. Veterans Affairs and Department of Defense. (2024). VA/DOD Clinical Practice Guideline for Assessment and Management of Patients at Risk for Suicide. Version 3.0. <https://www.healthquality.va.gov/guidelines/MH/srb/>



Department of Veterans Affairs and Department of Defense employees who use this information are responsible for considering all applicable regulations and policies throughout the course of care and patient education.

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