

Crisis Prevention Plan

This crisis prevention plan is intended to be used as a supportive measure for Resolve Strategies clients to effectively recognize, manage, plan and prevent a crisis. This measure will allow the client to recognize warning signs and provide resources that are available within the community.

It is difficult to predict when a crisis will happen; however, a crisis can occur without warning. It is important to understand that crisis can occur during treatment. You and/or your support system may need help when all tools for coping have been exhausted.

It is vital that during treatment the client implements the following steps.

1. **Call 9-1-1.** Resolve Strategies, LLC is **NOT** an emergency crisis center.
2. **Call emergency contact(s).** *(These persons could be listed in Resolve Clinic intake packet.)*
3. **If admitted into the hospital,** please provide emergency services with Resolve Strategies' contact information.
 - This will assist with communication between Resolve and medical services.
 - Upon discharge from the hospital, Resolve requires a completed Authorization of Release Form (ROI). This is important for continuity of care.
 - A crisis is defined as a ***behavioral, emotional, or psychiatric situation*** which would likely result in significantly reduced levels of functioning, hospitalization or death. Resolve Strategies considers the following critical points as crisis situations:
 - **Suicidal Ideations - Plan or Act** - *any active intent to harm self*
 - **Homicidal Ideations - Plan or Act** - *any active intent to harm others*
 - **Domestic Violence or Discord**- *any active/current instances of violence/abuse*
 - **Imminent Danger** - *an environment that places one in serious and immediate risk of injury or death*
 - **Psychotic Break or Episode**
 - **Abuse or Traumatic Event**
 - **Chemical Misuse or Overdose**
 - **Threats or Acts of Self Harm**
 - **Anything that requires immediate attention with 72 hours**

Please NOTE that our clinicians volunteer their time and are NOT on call. Your message may not be received for extended periods of time.

Prevention Hotline Services List

For Emergencies Dial 911

(Most Expedient Response)

- **Georgia Crisis & Access Line: 1-800-715-4225**
 - (<http://www.georgiacollaborative.com/gcal.html>) is a 24/7 crisis line for the state of Georgia which connects callers to trained professionals. GCAL will assess the level of crisis and (if needed) send a mental health professional to where the person in crisis is located.
- **National suicide prevention hotline: 1-800-273-TALK (8255) for deaf & hard of hearing: 1-800-799-4889**
 - (<http://chat.suicidepreventionlifeline.org>) is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.
- **Crisis Text Line: Text to 741741**
 - (crisistextline.org) is the only 24/7, nationwide crisis-intervention text-message hotline.
- **The Veterans Crisis Line: 1-800-273-8255 & Press 1 or Text to 838255**
 - (veteranscrisisline.net) is a suicide-prevention hotline available to United States military people (both active-duty and veterans), in suicidal crisis or emotional distress. The service is confidential, free and open 24 hours.
- **HopeLine: 919-231-4525**
 - (<http://www.hopeline-nc.org>) is a suicide prevention and crisis intervention hotline that can be called or texted. They operate by using active listening to support and reflect through any kind of crisis, even if not suicide related. While they are based in Raleigh, NC, they serve the entire nation.
- **Trans Lifeline: 877-565-8860**
 - (<http://www.translifeline.org/>) is an American organization that provide crisis intervention and suicide prevention services to transgender and non-binary individuals. Trans Lifeline offers service throughout the United States and Canada.
- **Additional Websites:**
 - The **American Foundation for Suicide Prevention** is a non-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide.
 - **Samaritans** (<http://www.samaritansusa.org/>) is a registered charity aimed at providing emotional support to anyone in distress or at risk of suicide throughout the United States

- **The Trevor Project** (<http://www.thetrevorproject.org/>) is a nationwide organization that provide crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning youth.