

Mental Health Action Plan

To be completed with your medical provider.

Name: _____

Date: _____

GREEN ZONE



Symptoms

- Feeling good most of the time
- Bad feelings come and go for short periods of time
- Can work past bad feelings with coping strategies or support people
- Able to feel better when doing something you like

Plan **Great job! Keep up your good coping strategies.**

- Tips/strategies: deep breathing, exercise, do what you love
* see more strategies on the back *
- Identify calming activities, places or support people to help
- Continue current mental health care if you have in place

Calming strategies: _____, _____, _____

Calming places: _____, _____, _____

Identify trusted adults who support you and their phone numbers

_____, _____, _____

YELLOW ZONE



Symptoms

- Feel bad most days of the week
- Coping strategies are not working when feeling down, angry or out of control
- Increased use of drugs or alcohol to reduce stress, sadness or anger
- Violence (ie: punching walls, breaking things or fights with people)
- Self-harm (ie: burning, cutting) to feel stress release without intent to die
- Thoughts of wanting to hurt yourself or others, without a plan

Plan **Great job. Keep up your good coping strategies and call help.**

- Talk to your doctor or trusted adult, friend, counselor, mentor, therapist
- Contact Philadelphia "Warmline": Call 855-507-WARM (9276)
Monday to Friday 4pm-7pm
<http://dbhids.org/individuals-family-members-friends-seeking-services/>
- Contact or go to PATH Urgent Care: (215) 728-4651
- Call for an appointment Community Behavior Health Services (CBH):
215-413-3100 or 1-888-545-2600
- Call one of your trusted support people
- Call your doctor or mental health provider
- Text crisis line: Just text "HOME" or "PA" to 741-741

Help statement to let your support people know you're in a crisis):

RED ZONE



Symptoms

- Self-harm with a plan to hurt yourself seriously
- Thoughts of wanting to die with a plan
- Attempted suicide** in the last 6 months
- Unmanaged hallucinations or behavior
- Catatonia (unable to respond to people)
- Thoughts about or wanting to hurt someone with a plan
- Uncontrolled violence** with close ones feeling unsafe

Plan **Keep up your good coping strategies and call help. You are not alone.**

- Go to nearest Crisis Center or Emergency Room
- Call Crisis Line or 911
Philadelphia Mental Health Crisis Hotline: 215-685-6440
CBH Crisis Hotline: 215-686-4420
- Suicide and Crisis Lifeline: 988
- Text Crisis Line: Just text "HOME" or "PA" to 741-741
- Call your doctor or mental health provider

*** If you're not sure what to do or where you fall, call your doctor, CBH or a Crisis Line.

Additional Information

PATH Urgent Care Center

All services are walk-in.
1919 Cottman Avenue
Philadelphia, PA 19111
Open Monday-Friday from
11:00 a.m.- 6:00 p.m.

UCC number: (215) 728-4651
http://www.pathcenter.org/BH/bh_child.htm

Everyday Life Changes to Improve Mental Health

Exercising

Sharing or talking with trusted people

Meditating

Stretching

Deep breathing

Crying

Other coping strategies (circle a few that work for you):

Relax in bedroom

Listen to music

Read a book

Talk with friends or an adult

Coloring cold cloth on face

Write in journal

Take hot or cold shower

Playing cards

Ripping paper

Squeezing stress ball

Holding ice in hand

Drawing

Reading a book

Being read a story

Being around others

Cold water on hands

Calling a family member

Take a walk

Pacing

Humor

Molding clay

Bouncing a ball

Squeezing pillow

Hugging a stuffed animal

Watch funny videos

Lying down

Hugs

Finding inspirational quotes

Snapping a rubber band

Wall sits

Drinking water

Crafts

Another Resource

Youth Care Team : offers a confidential, judgment-free, safe space to support mental, sexual, and reproductive wellness as early as age 13, to make healthy choices.



Hotlines:

Bullying hotline: 215-400-7223

Child abuse hotline: 215-683-6100

Domestic Violence hotline: 866-SAFE-3014

Philadelphia Mental Health Crisis Hotline: 215-685-6440

CBH Crisis Hotline: 215-686-4420

Text Crisis Line: Just text "HOME" or "PA" to 741-741

Crisis Resources:

Philadelphia Children's Crisis Response Center

3300 Henry Avenue, Falls Two Building, 3rd Floor

Philadelphia, PA 19129

215-878-2600

SCHC Emergency Room

160 E Erie Ave, Philadelphia, PA 19134

(215) 427-5000

CHOP Emergency Room

3401 Civic Center Blvd, Philadelphia, PA 19104

(215) 590-1000