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
- 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

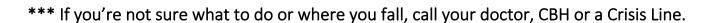
Keep up your good coping strategies and call help. You are not alone.

- 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





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

Pacina 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