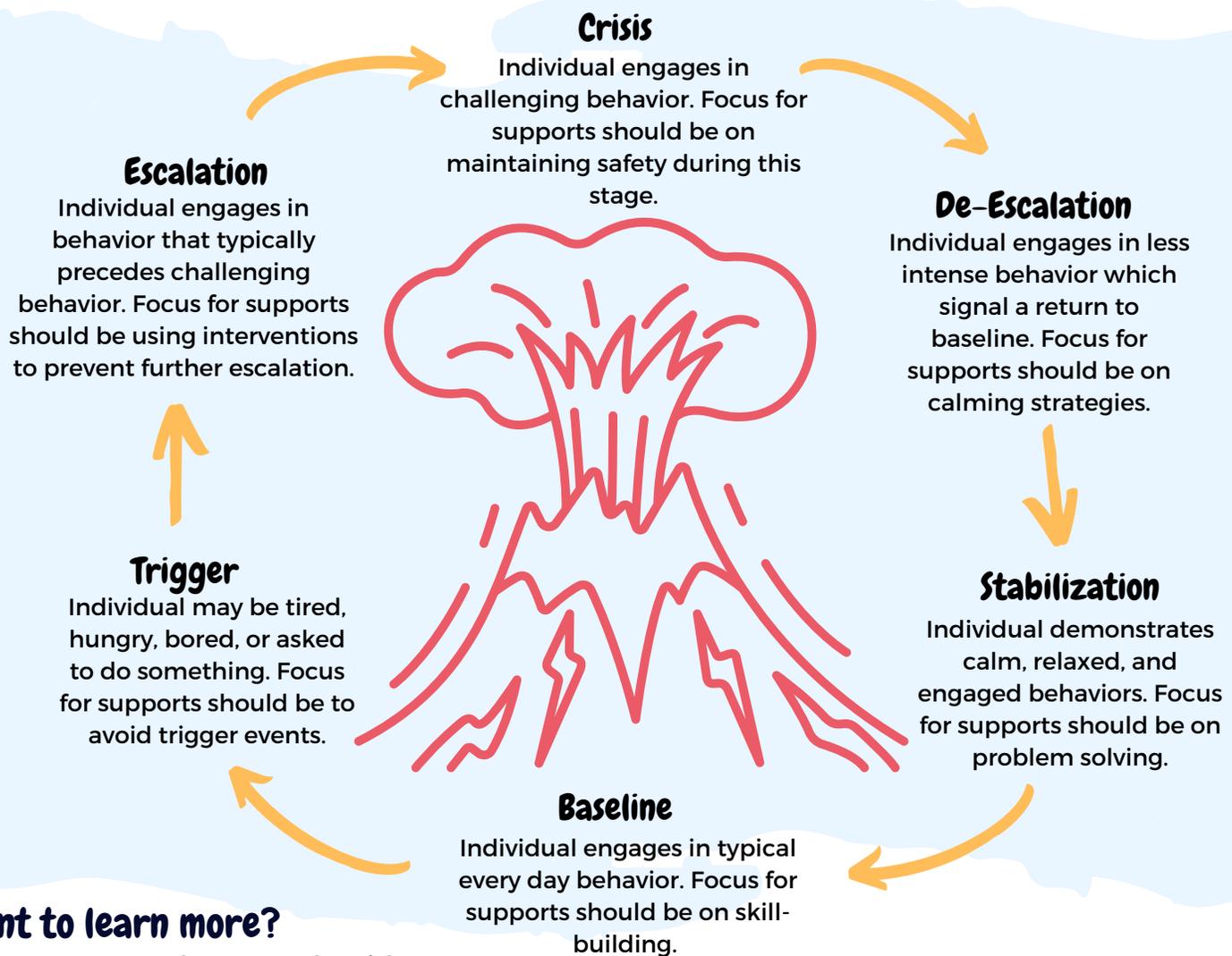


## What is a Safety Crisis Plan?

Safety Crisis plans are written plans that outline how supports should be employed for an individual who exhibits challenging behavior. Recognizing the signals of an individual escalating allows for intervention before the situation reaches a crisis point.

## Planning for Success

It's important to clearly outline what behavior other people should look for during each stage of the crisis cycle, as well as **what they should do** and **what they should avoid doing** during each stage to support the individual.



## Want to learn more?



Scan the QR Code with your phone or click [here](#) to learn more about writing a safety crisis plan.

Interested in a specific topic  
or want to contribute to Mental Health Monday content?

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