



## Youth Mental Health Crisis Plan CARD

Name: \_\_\_\_\_

**I need support in the next 5 minutes.** Here's what I need from you to help me:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_ *(over)*

*This card is valid with or without endorsement.*

Endorsed by: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

**For example calming strategies  
and more information:**

[children.wi.gov](http://children.wi.gov)

