

## Crisis Resource Sheet

In the event that you are experiencing a crisis and are having thoughts about hurting yourself or other, please know that there are many resource available in Lubbock.

### Before a crisis occurs

Discuss with your therapist and/or psychiatrist his or her guidelines for crisis calls. Ask if there are any "after hour" call opportunities and if so, what guidelines/limitations he or she had. The Covenant Chemical Dependency Intensive Outpatient Clinic's business hours are Monday - Thursday 10:00 am to 5:00 pm. After business hours and on some holidays, clinicians will not be available and cannot immediately assist in a crisis.

### When you are in a crisis

1. Contact your therapist and/or psychiatrist if consistent with previously discussed guidelines AND/OR
2. Reach out to your support network (i.e. trusted family, friend, church member, sponsor, etc.) AND/OR
3. Go to the nearest emergency room AND/OR
4. Contact the following resources:
  - a. Local Crisis line (24/7): 806-740-1414
  - b. National Lifeline (24/7): 1-800-273-8255
    - i. Chat: <https://suicidepreventionlifeline.org/chat/>
  - c. Crisis Text Line (24/7): 741741
5. Call 911

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Consider sharing the following information when speaking with a mental health care provider or physician:

1. People in your support network who may be able to assist you in a crisis:
  - \_\_\_\_\_ Contact number: \_\_\_\_\_
  - \_\_\_\_\_ Contact number: \_\_\_\_\_
2. Current mental health medications:
3. Mental health medications that do NOT work for your or to which you have an allergy:
4. Actions that are MOST helpful and least helpful when assisting you in a crisis: