

A Personal Crisis Management Plan for Physicians

It can be hard to reach out for support if you or a colleague is struggling, whether it's stress, feelings of burnout or another challenge. One way to help face these issues is to plan for them in advance. A personal crisis management plan is meant to do just that.

Take a few minutes now to complete this tool. It will support you or your colleague in quickly accessing the coping strategies and resources you may need to navigate a moment of crisis.

Remember: listening to your heart and reaching out for support when you need it is critical to your personal wellbeing.

For more information and resources, please visit: physiciansfoundation.org/vitalsigns



1 What are my warning signs (thoughts, images, moods, situations, behaviors) that a crisis is developing?

1. _____
2. _____
3. _____

2 What are my healthy internal coping strategies—name a few things I can do to take my mind off my problems **without** contacting another person (relaxation techniques, physical activity).

1. _____
2. _____
3. _____

3 Who are a few people/what are the social settings that can provide me with a distraction?

Name: _____ Phone: _____

Name: _____ Phone: _____

Place: _____ Place: _____

4 Which people can I ask for help?

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

5 Who are the professionals or agencies I can contact during a crisis?

Primary Care Clinician Name: _____ Phone: _____

Psychiatry/Counseling/
Psychologist Clinician Name: _____ Phone: _____

Hospital Employee Assistance Program: _____

National Alliance on Mental Illness HelpLine: 800-950-6264 | Suicide Prevention Lifeline: 1-800-273-TALK (8255)



The Physicians Foundation would like to acknowledge and thank Angela Chen, MD; Loice Swisher, MD, FAAEM; and Mary Jane Brown, MD, for introducing a template personal crisis management plan for physicians similar to safety plans used by psychiatrists in suicidal patients.