

Crisis

PLANNING PROGRAM

The primary goal is to create a crisis plan with individuals who have experienced symptoms of mental illness or have had a mental health crisis in the past so that they feel safer, more supported and more connected to the resources in their community. Having a crisis plan in place avoids rote interventions based on customary practice, while providing the client, the opportunity to take an active role in documenting information that will result in a higher quality of care and support. We are here to assist clients have their individual voice heard through participating in their own recovery and hopefully, sustained periods of stability. Our team understands the frustration and anxiety you may be feeling. The thread that binds us, is we too, have experienced crisis. Deborah and Andrew are here to listen. We urge mental health clients to make a plan. Be a part of your own solution. For more information or if you just need some support –**please call:**

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