

Name \_\_\_\_\_

**Nebraska requires information on Advance Directives and psychological advanced directives.** Please chose one of the following

- I am declining information currently or have in place and decline further needs or bring in
- I have advanced directive in place and may bring in a copy
- I do not advanced directives in place and would like information on resources
- Therapist recommended follow up with physician and legal assistance to assist with these legal documents that require legal and licensed physician considerations.

**SAFETY/CRISIS Planning**

**You may fill this out independently or with the assistance of your therapist at your request.**

Warning signs that a crisis or emotional dysregulation may be developing. Examples include thoughts, images, moods, situations, behaviors, etc.

Internal coping strategies – These are things I can do to take my mind off what is causing the dysregulation without contacting another person. Examples might include relaxation techniques such as progressive relaxation or mindful breathing, grounding, healthy physical activity, thought stopping, positive affirmations.

People or settings that provide distraction or support:

People who I can ask for help:

**Professionals or agencies that I can contact during a crisis:**

NE State Wide Human Services Referral: Dial 211  
National crisis lifeline call or text: 988  
Boys Town National Hotline: 800-448-3000  
Other

Nebraska Family Help Line: 888-866-8660  
Region II Crisis Line Number: 308-532-3351  
or 877-709-3351

**Emergency Psychiatric Care**

For emergency care I agree to call 911 or I can go to the nearest hospital for care. ERs near me:

**Great Plains Health** – 308-568-8000

601 West Leota, North Platte, NE 69101

**Richard Young** - 1755 Prairie View Place, Kearney, NE 68847

**Access Center:** 1 (800) 930-0031

Available 24 hours a day/7 day a week

Behavioral health assessment in person or via Telehealth

Community resource referral

Outpatient clinic referral

Inpatient hospitalization referral

**Gothenburg Health** - 308-537-3074

910 20<sup>th</sup> Street, Gothenburg, NE 69138

