Wellness and Housing Crisis Plan

Well-Being Crisis Plan

Daily Maintenance Plan	
I take these actions to maintain my well-being daily	**My PSHA Case Manager can support my wellbeing by:**
Harm Reduction Plan	
In the past, the following has negatively impacted my well-being:	**The following strategies have supported me in preventing things from escalating further:**
1. **2.** **3.** **4.**	**1.** **2.** **3.** **4.**
The following are situations that could lead to me struggling more:	**These are signs/things I, or those around me may notice when I'm struggling:**
1. 2. 3. 4.	1. 2. 3. 4.
Crisis Support Plan	

If I'm in crisis it might look like:	Some things I can do to support myself are:
1. 2. 3.	1. 2. 3.
My PSHA case manager can best support me by:	**Some of the safe people that I can reach out to are:**
1. 2. 3.	1. 2. 3.
Who are the people I want notified:	**Other?:**
1. 2. 3.	1. 2. 3.
Post-Crisis Plan	
I need the following things to support me post crisis:	**My PSHA case manager can do the following things to support be post-crisis**
1. **2.** **3.**	**1.** **2.** **3.**

Housing Crisis Plan

Daily Maintenance Plan	
I take these actions to maintain my housing daily / regularly:	**My PSHA Case Manager can support my housing stability by:**

1. 2. 3.	**1.** **2.** **3.**
Crisis Prevention Plan	
In the past, the following has created barriers for me to maintaining housing:	**In the past the following strategies have supported me in preventing things from escalating further:**
1. **2.** **3.** **4.**	**1.** **2.** **3.** **4.**
The following are things that may create barriers or jeopardize my housing in the future:	**following are effective strategies for me to manage if these things arise:**
1. 2. 3. 4.	1. 2. 3. 4.
These are signs/things I will notice when my housing may be at risk	**The following are thing that my PSHA case manager, may observe when things are escalating for me in ways that could jeopardize my housing**
1. **2.** **3.**	**1.** **2.** **3.**
Crisis Support Plan	
If I am at immediate risk of losing my housing, I can: (examples could include strategies to retain subsidies or landlord references)	**My PSHA case manager can do the following:**
1.	1.

2. 3.	2. 3.
Some of the safe people that I can reach out to are:	**Who I want notified from my care team:**
1. 2. 3.	1. 2. 3.
If I need to leave my housing immediately, I would like the following to happen: **(consider pets, personal items, etc.)**	**Other:**
1. 2. 3.	1. 2. 3.

All people participating in the development of this housing support plan and crisis plan should date, print and sign their name below, including the tenant, family/friends, community service providers, housing support team members, etc.

Printed Name and Title/Relationship to Tenant Signature of Person & Date

1._____ _____

2._____ _____

3._____ _____

Emergency contact_____

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Printed Name and Title/Relationship to Tenant Signature of Person & Date

1._____ _____

2._____ _____

3._____ _____