

Emergency Planning for Families

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We strongly recommend that you have an emergency plan ready for crisis episodes:

1. Have a list of phone numbers handy for: the police, the doctor, the psychiatrist and an emergency centre for psychiatric admissions.
2. Ahead of time, ask your relative's doctor or psychiatrist which hospital to go to in case of an emergency.
3. Know which family members and friends your family member may trust more in an emergency.
4. Find out who you can phone for support at any time of the day or night.
5. If needed, decide who will take care of children.
6. Consider explaining the situation ahead of time to your local police department to get advice about what to do.
7. Know that the crisis situation may be less frightening to your family member if the emergency procedure has been explained and is anticipated.

Reprinted with permission from: J.Barretto, Schizophrenia Society of Canada. Learning About Schizophrenia: Rays of Hope (1999) by: Susan Charlton RN, BScN and Elizabeth Emberly RN, BScN (CDMHP, 2003)

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WM85-0746 Rev.09/2004