

## Crisis Card

Sometimes people don't know how to help us, particularly when we're in a crisis and feeling angry. That can even include ourselves. In preparation for any crisis at work fill in the card below:

### Crisis Card

What to call me:

What I am likely to do when I'm feeling angry:

Worst case scenario:

What you must not do:

What you can do to help me:

Who to call:

Print it out, fill it in and keep it on you. When you need it, whip it out and make sure you make that phone call.