



Guide your care with choices YOU make.



NEW Mobile App!

A SAMHSA and APA Initiative

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

AMERICAN  
PSYCHIATRIC  
ASSOCIATION 



## My Mental Health Crisis Plan, a new app from SMI Adviser.

In just a few minutes, you can create a crisis plan to guide your care in case of a mental health crisis.

- ✓ Clearly state your treatment preferences
- ✓ Decide who can act on your behalf
- ✓ Share your plan with doctors and others on your care team

Download  
My Mental Health Crisis Plan  
right now at  
[SMIadviser.org/padapp](https://SMIadviser.org/padapp)

