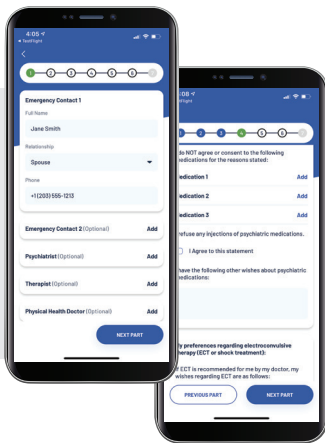
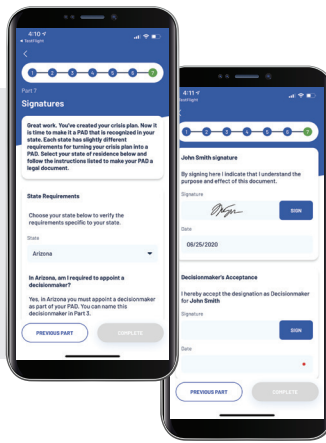


## My Mental Health Crisis Plan

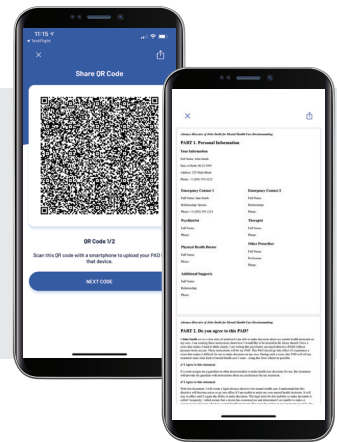
Individuals who have serious mental illness (SMI) can use this free app to create a crisis plan. This makes their treatment preferences known in the event of a mental health crisis. The app also helps individuals turn a crisis plan into a legal psychiatric advance directive (PAD) that is recognized by the state where they live.



Individuals can state their preferences for treatment and designate trusted contacts to act on their behalf.



Individuals can check state requirements where they live and sign their PAD to make it a legal document.



Individuals can easily share their PAD via PDF or transfer via QR code.

Scan to  
download the  
app now




Help individuals prepare in advance for a mental health crisis.

[SMIadviser.org/padapp](https://SMIadviser.org/padapp)

