

## Crisis Card

How can you be rescued in an ocean of despair? You need to be prepared *before* you are overwhelmed by wave upon wave of hopelessness. With or without the help of others, you can equip yourself ahead of time by making a *Lifeline Crisis Card*.

From the following suggestions, choose what is appropriate for you, then outline the steps you will take when you find yourself in an emotional crisis. Give a copy of your plan to trusted family members or friends, and keep a copy with you at all times—in your wallet, car, desk, medicine cabinet, and kitchen cupboard. When you first begin to feel your heart sinking: *Reach out for your lifeline!* ...

*“Guard my life and rescue me; let me not be put to shame, for I take refuge in you.”*  
(Psalm 25:20)

### • When in crisis, I will focus on God ...

#### — I will pray:

*“In you, O LORD, I have taken refuge; let me never be put to shame; deliver me in your righteousness. Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me. Since you are my rock and my fortress, for the sake of your name lead and guide me”* (Psalm 31:1–3; pray verses 1–9, 14–24).

#### — I will recite Scriptures aloud:

*“Have mercy on me, O God, have mercy on me, for in you my soul takes refuge. I will take refuge in the shadow of your wings until the disaster has passed”* (Psalm 57:1; also read Psalms 27 and 28).

#### — I will claim God’s promises:

*“My comfort in my suffering is this: Your promise preserves my life”* (Psalm 119:50).

#### — I will consider how special it is to be a child of God:

*“How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are!”* (1 John 3:1).

### • When in crisis, I will listen to Christian praise music and Scripture songs:

*“Sing to the LORD, you saints of his; praise his holy name. ... Weeping may remain for a night, but rejoicing comes in the morning”* (Psalm 30:4–5).

— I won’t listen to heavy metal or acid rock.

— I won’t listen to rap or hip hop.

— I won’t listen to sad, country-western music.

### • When in crisis, I will question myself:

—“Why do I feel the need to hurt myself?”

—“What do I think I will accomplish through this?”

—“According to God, is what I am telling myself the truth or a lie?”

—“Are my actions and desires reflecting my true identity in Christ, or are they coming out of my past experiences?”

—“What effect would harming myself have on those who care about me?”

*“Surely you desire truth in the inner parts; you teach me wisdom in the inmost place”*  
(**Psalm 51:6**).

• **When in crisis, I will make positive affirmations:**

—“My life is worth living because His Word assures me that I am a child of God.”

—“God loves me and has a purpose for my life.”

—“Because God has a plan for me, I will treat the body He gave me with respect.”

—“Even though I can’t see the future, I will walk by faith, not by sight.”

*“Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things” (Philippians 4:8).*

• **When in crisis, I will review encouraging words:**

— Read aloud positive letters and notes from friends and family.

— Review positive thoughts of why it’s worth it to heal.

— Recall those who believe in me and in my growth.

— Remember what others have said about why there is hope for me.

— Rehearse God’s promise. ...

*“The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged” (Deuteronomy 31:8).*

• **When in crisis, I will not:**

— Act on impulse

— Do any harmful act or anything even potentially harmful to myself, to others, or to property

— Drive my automobile if there is a possibility of my driving recklessly

— Act rashly

*“God has not given us a spirit of fear, but of power and of love and of a sound mind” (2 Timothy 1:7 NKJV).*

• **When in doubt as to whether an action is harmful, I will ask myself:**

—“Would God approve of this?”

—“Would the people I love approve of this?”

—“Would the people who care about me approve of this?”

If the answer is *NO!* then I must not do it! If I would hurt innocent people whom I care about, then I must not do it! No rationalizations, no excuses, just *Do Not Do It!*

*“You need to persevere so that when you have done the will of God, you will receive what he has promised” (Hebrews 10:36).*

• **When in crisis, I will:**

— Make a list of names and phone numbers of people I can call for help.

- Make copies of my list and put them in strategic places (bedside table, medicine cabinet, file cabinet, desk drawer, car).
- Give my list to several caring people.
- After going through the previous steps—if I am still in a crisis—I will reach out and call others who will be helpful and truthful. (They can help me regain perspective.) I will continue to go down my call list until I have reached someone.
- State directly, “I am calling because I am in an emotional crisis.” I will honestly discuss the feelings and events that led to the crisis and will explore possible solutions.
- Continue to make phone calls, including repetitions, until the crisis is resolved, no matter what time of day or night.

Friend:

Relative:

Friend:

Relative:

Friend:

Therapist:

Doctor:

Church:

Pastor:

Crisis Hot Line:

Suicide Prevention: 1-800-Suicide (784-2433)

*“Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!” ([Ecclesiastes 4:9–10](#))*

**• If still in crisis after completing these steps:**

- I will ensure my physical and emotional safety by going to a safe environment where I am not alone.
- I will make arrangements to be with a friend or supportive person.
- I will go to a public place where harming myself is difficult.
- If all else fails, I will go to a hospital emergency room and tell them, “I am at risk of harming myself.” I will make it clear, “I do not want to check in—I simply want to sit in the waiting room for a little while so that I won’t act on my impulses.”
- If I have diligently and honestly worked through these steps and I’m still in trouble, then I’m truly in a crisis situation that may require hospitalization for my protection.

*“Listen to advice and accept instruction, and in the end you will be wise.”* ([Proverbs 19:20](#))

Say to yourself, “I can make it safely through a crisis. In God’s eyes I am valuable, and my life and safety are important!”

No matter your painful ordeal, no matter the hurt that you feel, God knows. ... God hears. ... God cares. ...

*“You hear, O LORD, the desire of the afflicted; you encourage them, and you listen to their cry ... . He will respond to the prayer of the destitute; he will not despise their plea.”*  
([Psalm 10:17](#); [102:17](#))