AUTISM CRISIS PLAN

In case of emergency, keep these things in mind:

- **Call on your "village" to help you.** Members of my village include:

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- **Identify the person/people who can talk you "off your ledge" or be there without judgement.** A few of them are:

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- **Kick self-care into high gear; especially after things calm down.** My favorite self-care habits are:

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- **DON'T MAKE ANY MAJOR DECISIONS DURING OR WITHIN THE FIRST DAY OR TWO AFTER A CRISIS.**