

WB 2.17b — Crisis Response (for Helpers)

Use with Chapter 17 (Crisis and Escalation Plan) in the manual, Chapter 13 in *Shoulder the Bill*.

Purpose A structured debrief for after you have supported someone through a crisis. It confirms the safety basics were met, and — crucially — helps you close your own loop, because supporting someone through crisis is depleting and your recovery is not optional.

How to use this page

When: Complete after supporting someone through a hard moment, once things have settled.

Done when: You have reviewed the safety basics and named one concrete step for your own recovery.

Worked example

The one next step we took together: we called their sister and waited together.

My own regulation during it: about 4/10 — I stayed but it cost me.

My recovery step: I will talk it through with my own support person tonight.

Anchor Phrase: *'Safety first. Presence second. Everything else follows.'*

Protocol: 1. Safe? 2. Stay. 3. Reduce stimulation. 4. Simple language. 5. One next step.

Loop stage: Ground → Connect → Recover

Was the person safe? ☐ Yes ☐ No → emergency services called | Did I stay? ☐ Yes

Did I reduce stimulation and use simple language only? ☐ Yes

The one next step we took together:

My own regulation during this event (0-10): _____

What I did well in staying present, and what I would do differently next time:

My own next step to recover (who I will talk to, what I need):

If anyone is not safe right now: call 911, or call or text 9-8-8 (Canada), 24 hours.

☐ Self-Reward Loop completed