



What is crisis planning?

People with severe mental illnesses such as bipolar disorder may be in need of emergency care at some stage in their illness. Crisis planning interventions focus on patients being involved in identifying preferences and planning for their future care during a mental health crisis. Crisis planning can help to prevent relapse by promoting better self-management and by prompting help-seeking.

What is the evidence for crisis planning interventions?

Moderate to high quality evidence suggests a small effect of reduced compulsory hospitalisation, but not voluntary hospitalisation, for patients receiving crisis planning interventions for 12-24 months compared to standard care.

For further information see the technical table

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate/.



NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about bipolar disorder or its treatment with your doctor or other health care provider.