

MYPLAN



Crisis Plan

My Contact Information

Name: _____
Address: _____
Phone: (daytime) _____ (evening) _____ (cell) _____
Employer: _____

My Doctor's Contact Information

Doctor's Name: _____
Address: _____
Phone: (office) _____ (emergency) _____ (other) _____

If my doctor is not available, contact these medical professionals:

My Health Care Information

Preferred Hospital: _____
Address: _____
Phone: (emergency) _____ (other) _____
Second Choice Hospital: _____
Address: _____
Phone: (emergency) _____ (other) _____

Medications:

Allergies to/intolerance of any medication:

Insurance or Medicaid information:

My Plan for Life

I promise myself if I start to think about suicide, or am in any other type of crisis, I will contact these family members or friends:

NAME: _____ PHONE: _____
NAME: _____ PHONE: _____
NAME: _____ PHONE: _____

I will also:

- Call my doctor or a suicide hotline, or go to a hospital if necessary.
- Remind myself that my brain is lying to me and making things seem worse than they are. Suicidal thoughts are not based on reality, they are a symptom of my mood disorder.
- Remember that my life is valuable and worthwhile, even if it doesn't feel that way right now.
- Stick with my prescribed treatment plan and remember to take my medications.
- Remember to call my health provider(s) if I don't feel safe or if I'm having problems.
- Get in contact with other people who have a mood disorder.
- Stay away from alcohol and illegal drugs.
- Have someone take away anything I could use to hurt myself.
- Stay aware of my moods, know my warning signs and get help early.
- Be kind to myself

What are the signs that I am in crisis?

What are the signs that I need to go to the hospital?

Which person or people would I prefer to help me in crisis?



3

22.00

100 %



Forside

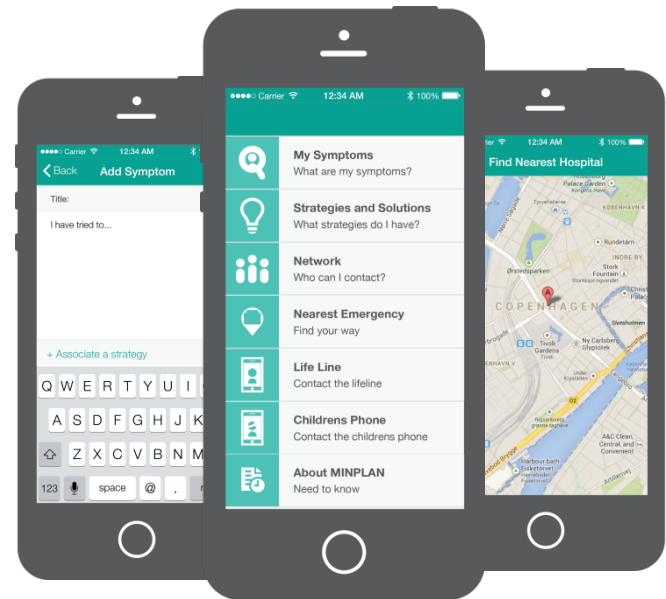
KRISEPLAN



MYPLAN

CURRENT VERSION

- DO NOT COLLECT DATA
- DO NOT HAVE A CLOUD SOLUTION
- SMALL APP
- DANISH, ENGLISH, NORWEGIAN VERSION
- FREE OF CHARGE



"Nice to be able to regularly add new solutions into the app."

Male, 32 years, SI

"It has made me very aware that I am responsible for finding strategies to get me through tough times"

Female, 23 years, DSH

"I am constantly reminded that I need to distract and realign myself when the dark thoughts come"

Male, 40 years, SI

"My own statements work as self-help"

Female, 26 years, SI

"I always have my phone with me and I am reminded that 'there is always something I can do'"

Female, 52 years, DSH

"I read my safety plan every morning on the train to work"

Male 30 years, DSH

"I think it maybe saved my life when I was heading to the harbor; I got hold of my phone and called my mother that night"

Male, 27 years, SI

Larsen JLS, Frandsen H, Erlangsen A. MYPLAN – A Mobile Phone Application for Supporting People at Risk of Suicide. *Cris J Cris Interv Suicide Prev.* 2016. doi:10.1027/0227-5910/a000371.

helping one person might not change
the whole world,



but it could change the world for
one person.

Estimates of the value of life [edit]

Equivalent parameters are used in many countries, with significant variation in the value assigned.^[7]

Australia [edit]

In Australia, the value of a statistical life has been set at:

- \$4.2 million (2014)^[1]
- \$182,000 per year (2014)

New Zealand [edit]

In New Zealand, the value of a statistical life has been set at:

- \$2 million (1991) by NZTA^[8]
- \$3.85 million (2013) by The Treasury^[9]
- \$4.14 million (2016) by NZTA^[8]

Russia [edit]

According to different estimates life value in Russia varies from \$40,000 up to \$2 million. On the results of opinion poll life value (as the cost of financial compensation for the death) in the beginning of 2015 was about \$71,500.^[10]

United States [edit]

The following estimates have been applied to the value of life. The estimates are either for *one year* of additional life or for the statistical value of a *single* life.

- \$50,000 per year of quality life (international standard most private and government-run health insurance plans worldwide use to determine whether to cover a new medical procedure)^[11]
- \$129,000 per year of quality life (based on analysis of kidney dialysis procedures by Stefanos Zenios and colleagues at Stanford Graduate School of Business)^[11]
- \$9.1 million (Environmental Protection Agency, 2010)^[12]
- \$7.9 million (Food and Drug Administration, 2010)^[12]
- \$9.4 million (Department of Transportation, 2015)^[13]
- \$9.1 million (Prof. W. Kip Viscusi, Vanderbilt University, 2013)^[14]
- \$9.6 million (Department of Transportation, Aug. 2016)^[15]

The *income elasticity* of the value of statistical life has been estimated at 0.5 to 0.6.^[4] Developing markets have smaller statistical value of life.^[4] The statistical value of life also decreases with age.^[4]

Historically, children were not valued very much but modern cultural norms attach a much higher value.^[16]

Dit liv er 31 millioner kroner værd

Hidtil har et menneskeliv i Danmark været takseret til omkring 17 millioner i de samfundsøkonomiske regnestykker. Men det er alt for billigt, siger Det Miljøøkonomiske Råd, som foreslår prisen hævet til cirka det dobbelte.

Hvor meget er dit liv værd i kroner og øre?

Du tror måske ikke, dit liv har en pris. Men dér tager du helt fejl, for i mange samfundsøkonomiske beregninger bruger man et beløb i kroner og øre til at vurdere, om en bestemt investering – for eksempel i trafiksikkerhed eller sundhedsforebyggelse – giver det rigtige afkast.

Det kaldes »værdien af statistisk liv« og den har økonomerne hidtil sat til cirka 17 millioner for et dansk liv. Men det er alt for lavt, mener Det Miljøøkonomiske Råd. De anbefaler i en ny rapport, at værdien fremover sættes til 31 millioner, eller knap det dobbelte.

MYPLAN



PSYKIATRI
FONDEN
ET GODT LIV
TIL FLERE

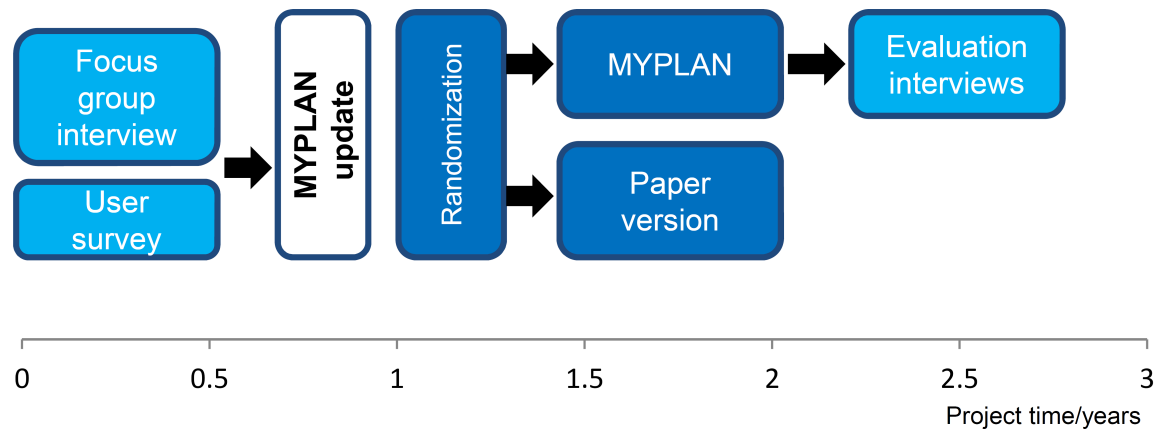


TrygFonden

LIVSLINIEN
forebygger selvmord
fremmer trivsel



Randomized clinical trial



Flow diagram of project.

App for forebygging og håndtering av kriser

Av Geir Inge Hausvik

THE LANCET
Psychiatry

Insight

Suicide prevention: going digital

Dara Mohammadi

Volume 4, Issue 6, June 2017, Pages 445–446

Concept paper

Smartphone-Based Safety Planning and Self-Monitoring for Suicidal Patients: A Conceptual Basis for the CASPAR (Continuous Assessment for Suicide Prevention and Research) Study




Chani Nuij ^{1,*}, Wouter van Ballegooijen ^{1,2}, Jeroen Ruwaard ¹, Derek de Beurs ^{1,3},
Rory C. O'Connor ⁴, Jan H. Smit ², Heleen Riper ¹ and Ad Kerkhof ¹

MYPLAN –mobile phone application to manage crisis of persons at risk of suicide: study protocol for a randomized controlled trial

[Kate Andreasson](#)  , [Jesper Krogh](#), [Per Bech](#), [Hanne Frandsen](#), [Niels Buus](#), [Barbara Stanley](#), [Ad Kerkhof](#), [Merete Nordentoft](#) and [Annette Erlangsen](#)



MYPLAN – A Mobile Phone Application for Supporting People at Risk of Suicide

[Jette L. Skovgaard Larsen](#) , [Hanne Frandsen](#) , and [Annette Erlangsen](#) 

App gør mere selvhjulpen

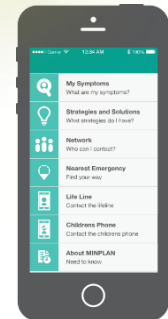
Et projekt på Psykiatrisk Afdeling i Odense skal undersøge, hvordan man via en app kan hjælpe patienterne med at mestre hverdagen bedre.

SKRIBENT / THERESE LARSEN
FOTO / HEIDI LUNDGAARD

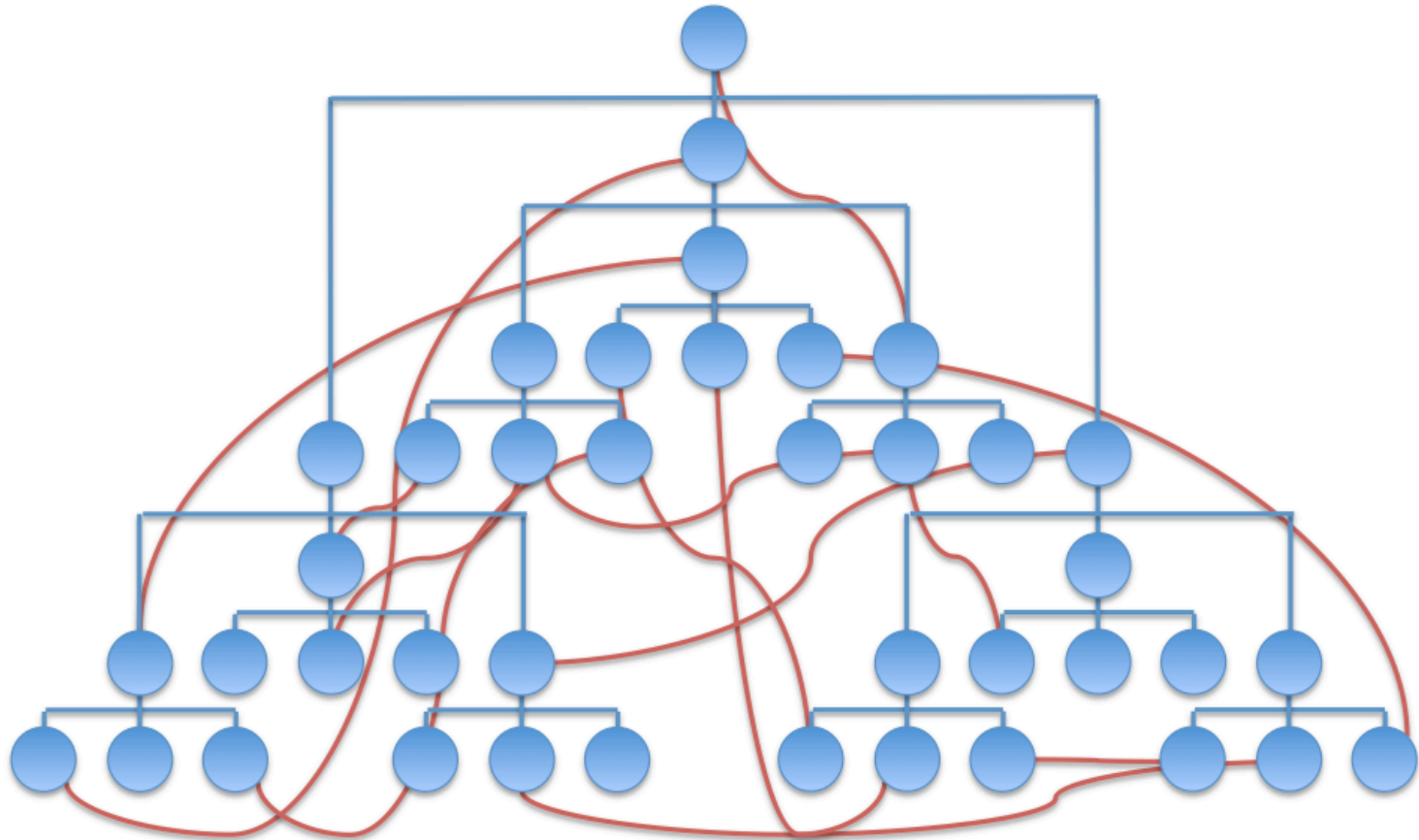
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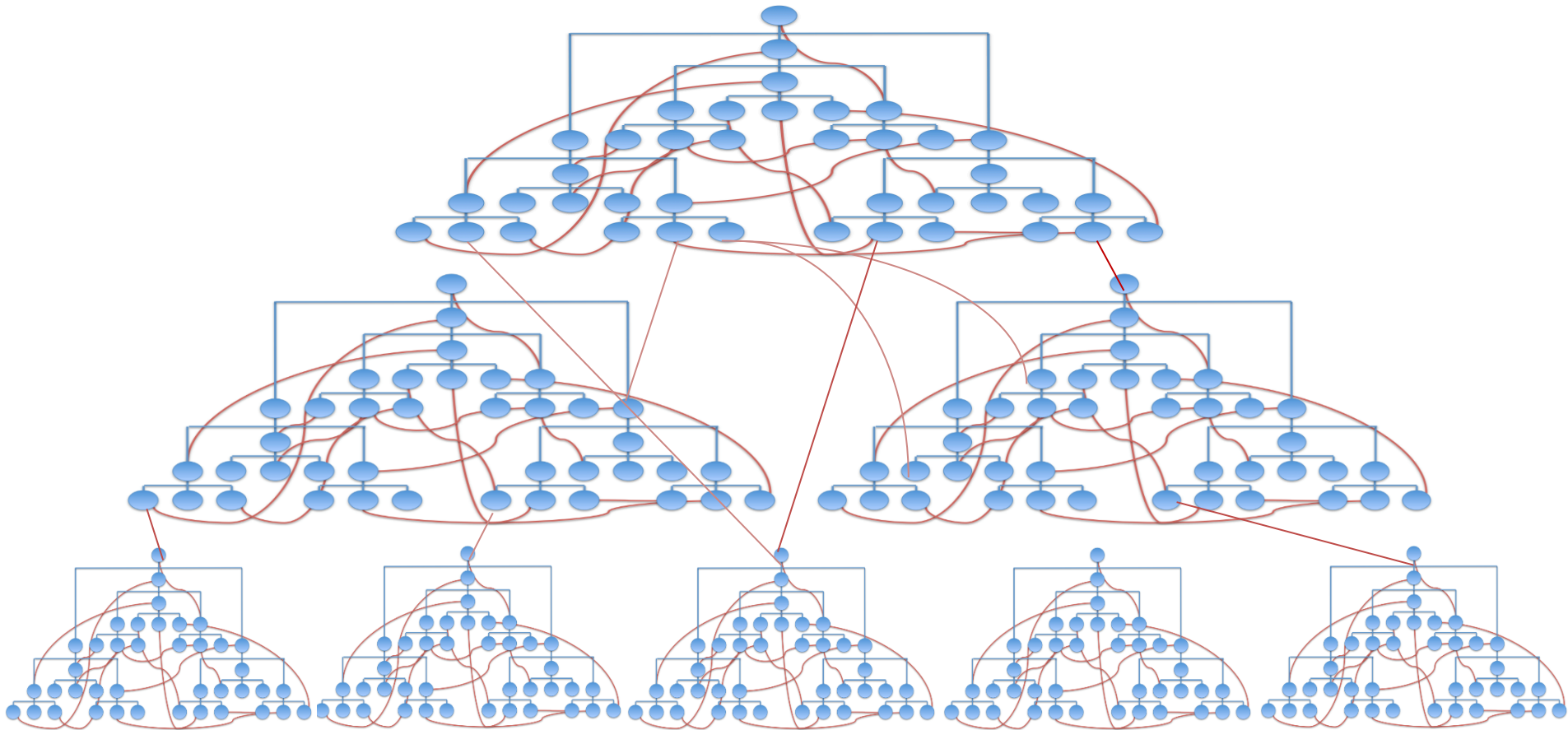
MYPLAN



MYPLAN



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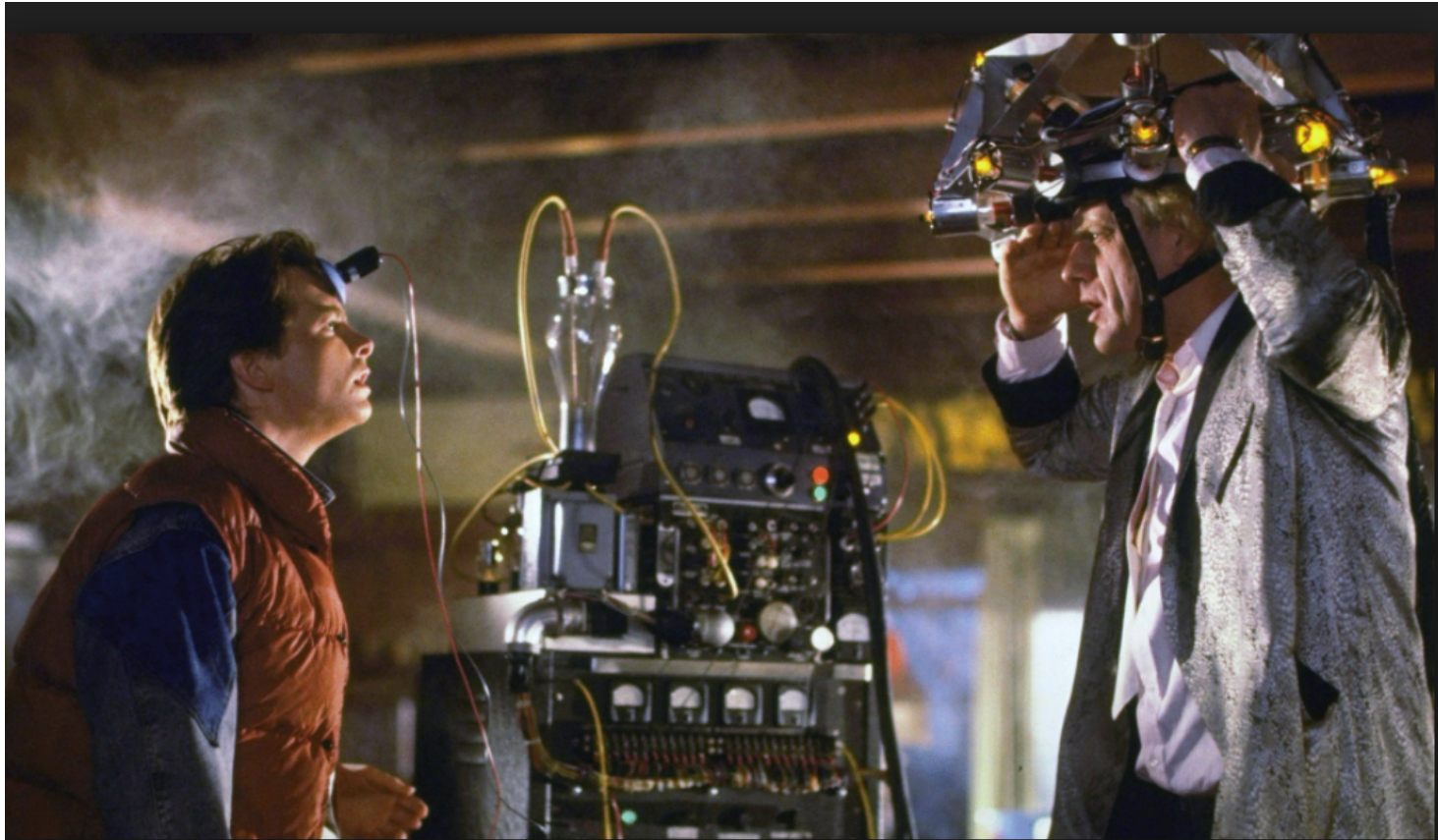


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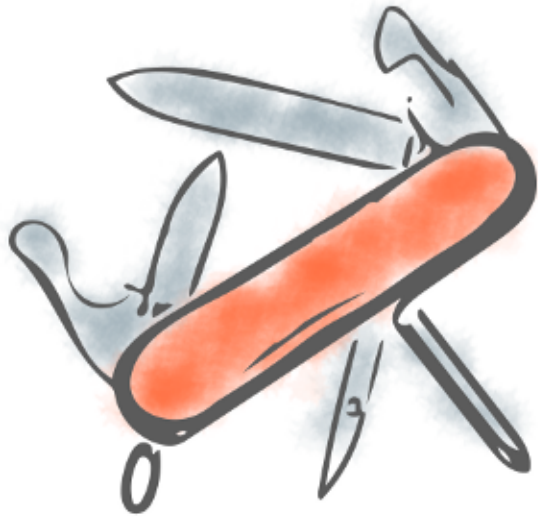


the
READINESS
IS ALL

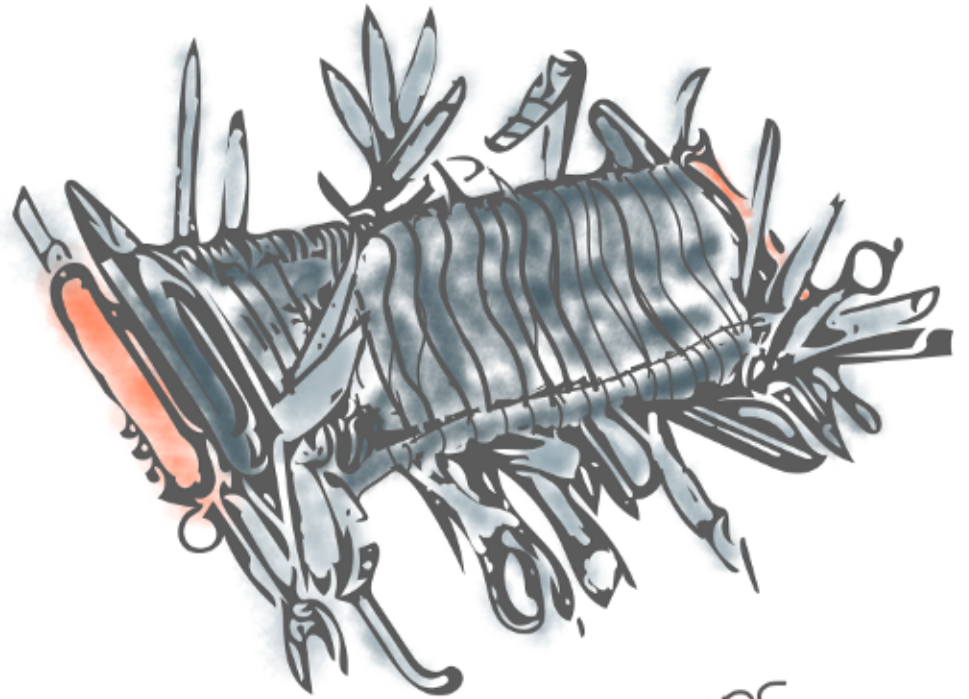
MYPLAN



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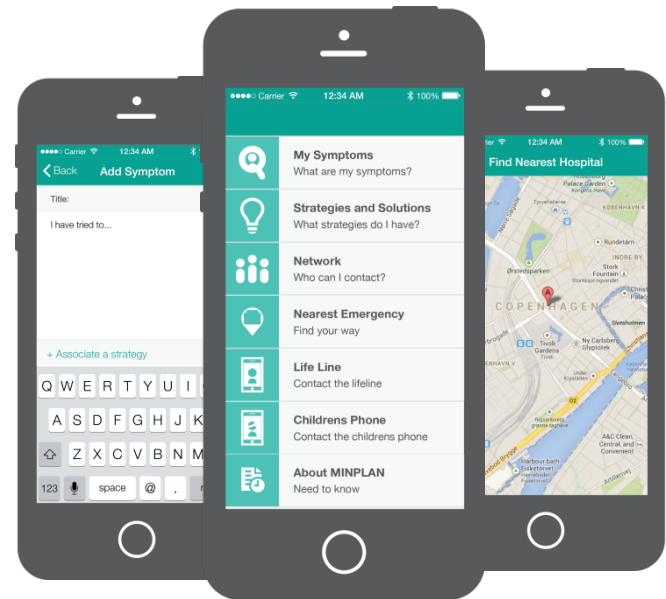
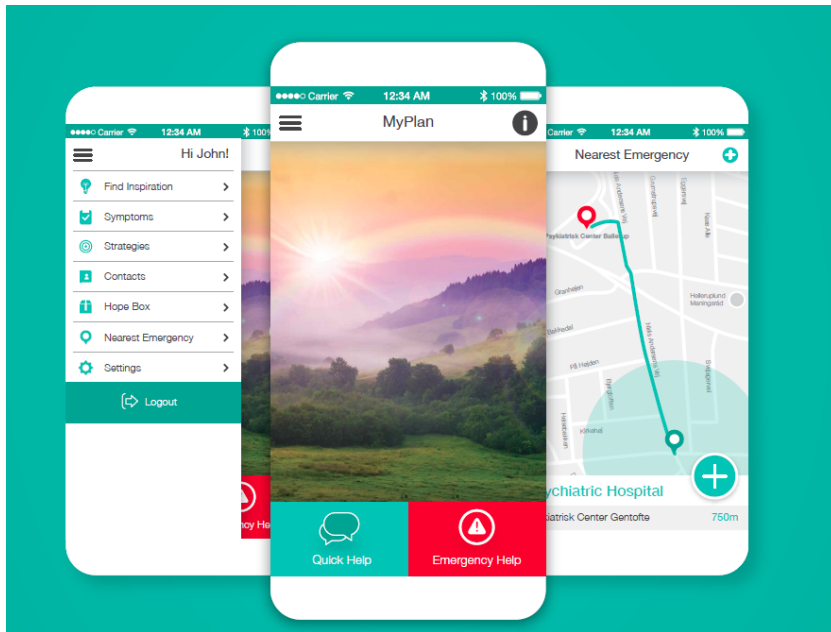
USERS
NEEDS



STAKEHOLDERS
IDEAS

MYPLAN

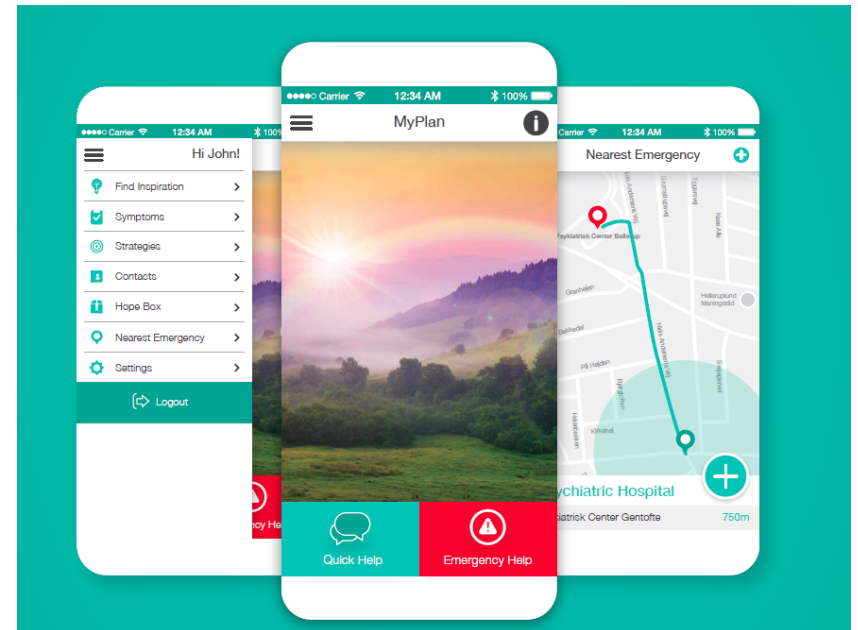
MYPLAN+ IS GOING INTO RESEARCH AND MYPLAN IS AVAILBLE FOR EVERYBODY

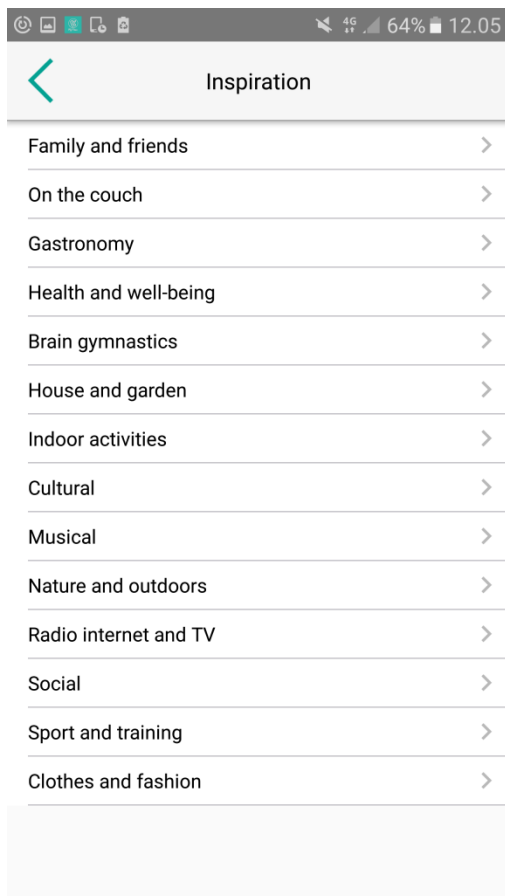


MYPLAN

RESEARCH VERSION

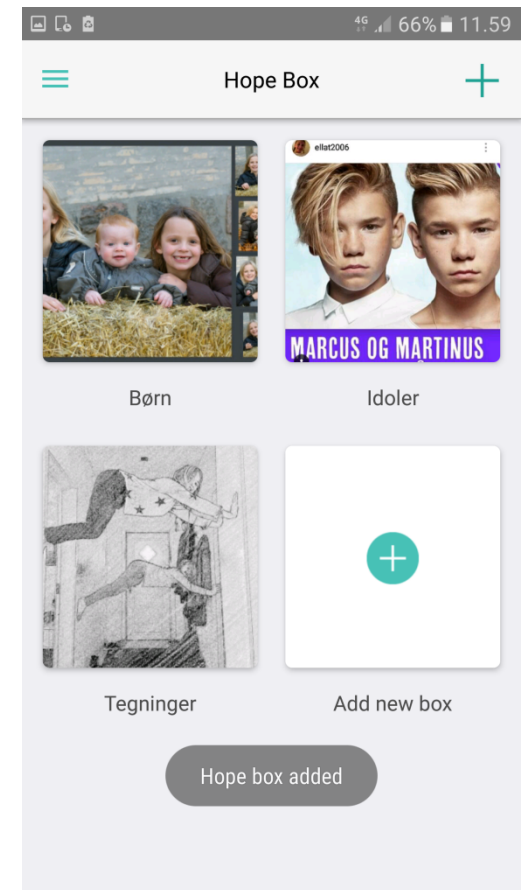
- COLLECT DATA FOR IMPROVEMENT AND FOR RESEARCH
- CLOUD/APP/WEB SOLUTION
- EMERGENCY HELP
- INDIVIDUAL FEATURES
- FREE OF CHARGE



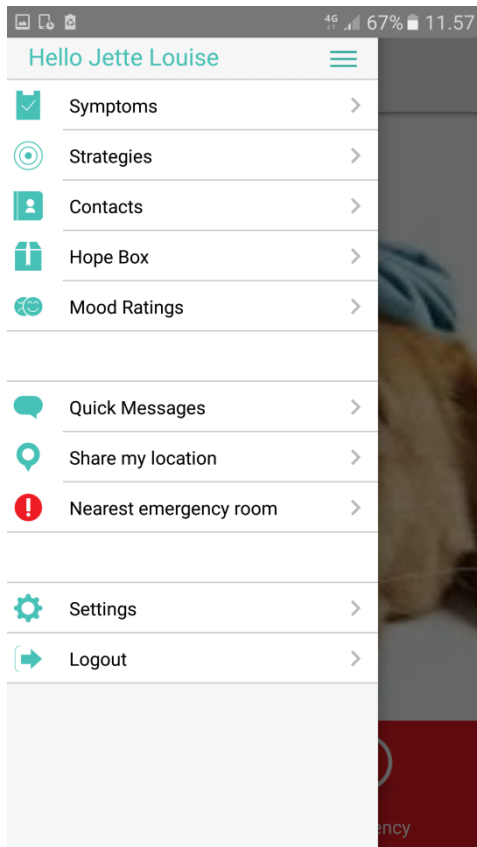


HOPEBOX

SHARED INSPIRATIONBANK



MYPLAN



MOOD RATINGS

MUSIC AND VIDEOS

SHARED MY LOCATION

QUICK PREFABRICATED MESSAGES

MYPLAN



- Symptoms >
- Strategies >
- Contacts >
- Hope Box >
- ... >



Symptoms

Home > Symptoms



Help



Emergency



symptoms

angst

Add New Strategy

Edit Symptom

angst

når mit hjerte begynder at banke hurtigt, og jeg får åndenød

Strategies

You have not added a strategy to this symptom. Edit the symptom to add a strategy now.

MYPLAN

- Make a compelling Business Case
- Be sure that the people you involve and the organisation are ready
- Find the right people in the organisation for helping with the data management
- Make the design as simple as possible
- Find the right ambassadors in the organisation
- Involve the users and the clinicians

MYPLAN





Kara

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Annette Erlangsen, PhD



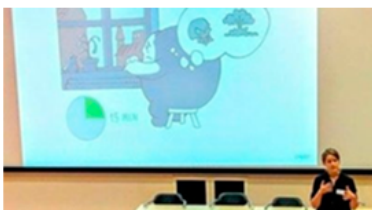
Merete Nordentoft, professor



Britt Morthorst



Morten Thomsen



Charlotte Mühlmann



Trine Madsen



Kate Andreasson Aamund

THANKS!