

1 Write 3 warning signs that a crisis may be developing.

2 Write 3 internal coping strategies that can take your mind off your problems.

3 Who / What are 3 people or places that provide distraction? (Write name / place and phone numbers)

_____	Phone: _____
_____	Phone: _____
_____	Phone: _____

4 Who can you ask for help? (Write names and phone numbers)

_____	Phone: _____
_____	Phone: _____
_____	Phone: _____

5 Professionals or agencies you can contact during a crisis:

Clinician: _____ Phone: _____

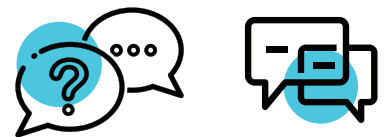
Local Urgent Care or Emergency Department:

Address: _____ Phone: _____

Call • Text • Chat 988

6 Write out a plan to make your environment safer. (Write 2 things)

Talk with us.



988
Call • Text • Chat