

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: _____

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

Talk with us.



988

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