

RECOGNIZE WARNING SIGNS:

What sorts of thoughts, images, moods, situations, and behaviors indicate to you that a crisis may be developing? Write these down in your own words.

COPING STRATEGIES:

What are some things that you can do on your own to help you not act on thoughts/urges to harm yourself?

SOCIALIZE WITH FRIENDS:

Make a list of people (with phone numbers) and social settings that may help take your mind off things.

FAMILY MEMBERS FOR SUPPORT:

Make a list of family members (with phone numbers) who are supportive and who you feel you can talk to when under stress.

MENTAL HEALTH PROFESSIONALS:

List names, numbers and/or locations of clinicians, local emergency rooms, crisis hotlines:

KEEP YOUR ENVIRONMENT SAFE:

Have you thought of ways in which you might harm yourself? Work with your counselor to develop a plan to limit your access to these means.

Suicide and Crisis Lifeline: **988**
Crisis Text Line: Text **HOME** to **741741**