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 or text 988 or chat 988lifeline.org

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

________________________________________________________________________
________________________________________________________________________

Modified from Stanley & Brown (2021)