

Crisis PLANNING

Know when to reach out for help.

What are the warning signs that you need additional support? What are your triggers? These can include your thought patterns, actions, the way you are feeling, and situations or people that may trigger you.

Coping skills.

What can you do to distract yourself, ground yourself, and take your mind off of the crisis? What obstacles are in the way of using these coping skills?

Social support.

You are not meant to handle all of life's challenges on your own. Who is first on your list to chat with?

Name	Contact Info