

# PERSONAL CRISIS *plan*

TEXT 988 TO REACH THE SUICIDE & CRISIS LIFELINE



I KNOW I'M TRIGGERED WHEN I NOTICE...



SOME GOOD WAYS TO DISTRACT MYSELF ARE



THINGS AND PEOPLE THAT MAKE ME HAPPY



3 THINGS YOU CAN TOUCH



3 THINGS YOU CAN HEAR



3 THINGS YOU CAN SEE



SAFE PEOPLE I CAN REACH OUT TO



WAYS TO KEEP MYSELF AND MY SPACE SAFE



COPING SKILLS I CAN USE

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OTHER RESOURCES I CAN USE TO GET MYSELF CARE.

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2-1 BREATHING

- BREATHE IN FOR 3 EXHALE FOR 6
- BREATHE IN FOR 4 EXHALE FOR 8
- BREATHE IN FOR 5 EXHALE FOR 10
- BREATHE IN FOR 6 EXHALE FOR 12



MCKENNA ROSE BROWN

MRB

