

# My Coping Plan

A. My warning signs:

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B. Things I can do to help take my mind of things (see reverse side):

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C. My support people are:

Names & Phone Numbers:

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D. Places I can go to help take my mind off things:

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E. Professionals and agencies I can go to for help during a crisis:

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F. Making the environment safe

Safety Step: \_\_\_\_\_

Safety Step: \_\_\_\_\_

Keep this resource somewhere you can access when you need it.



**Remember:**

**You are part of a community and your community cares for you!**

Other resources to have just in case:

Call 988 - National Suicide Hotline (24/7)

Text: HOME to 741741 to reach a Crisis Counselor

Strong Hearts Native Helpline: 1-844-762-8483