My Coping Plan

A. My warning signs:

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

C. My support people are:

Names & Phone Numbers:

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

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

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!

<u>Other resources to have just in case:</u> Call 988 - National Suicide Hotline (24/7) Text: HOME to 741741 to reach a Crisis Counselor Strong Hearts Native Helpline: 1-844-762-8483

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