

PERSONAL CRISIS PLAN

SOME GOOD WAYS TO
DISTRACT MYSELF ARE:

I KNOW I'M
TRIGGERED
WHEN I NOTICE

SAFE
PEOPLE I CAN
REACH OUT TO:

1. _____
2. _____
3. _____

COPING SKILLS
I CAN USE:

WAYS TO KEEP
MYSELF & MY SPACE
SAFE:

OTHER RESOURCES
I CAN USE TO GET
MYSELF CARE

1

2

3

crisis text line:
text HOME to 741741