

My warning signs are...

Thoughts	Feelings	Behaviors	Symptoms

My self-management strategies are...

1. _____
2. _____
3. _____
4. _____

Activities that can distract me...

Activity	Activity	Activity	Activity
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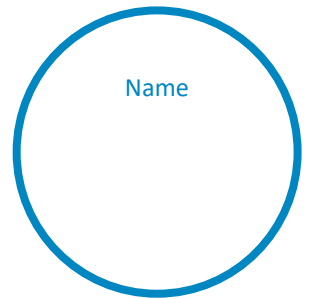
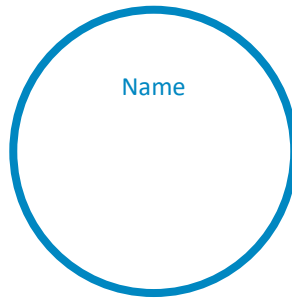
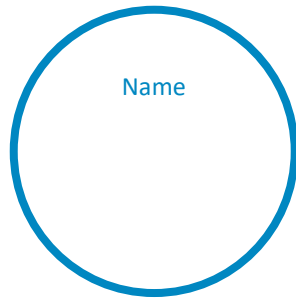
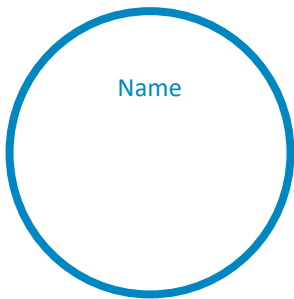
People who can distract me...

Name	Name	Name	Name
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Places I can go...

Place			
Address			
How will I get there?			

My crisis contacts are...



Name	Phone Number	Other Contact Information	Address or Notes
Provider:			
Clinic:			
Emergency Services:			
Suicide Prevention Lifeline	1-800-273-TALK (8255)	Crisis Text: Text "VT" to 741741	As of 7/16/22, call 988
Northern New England Poison Center	1-800-222-1222	Text "POISON" to 85511	Chat online at www.nnepc.org

How I can keep myself safe at home...

1. _____
2. _____
3. _____