

# My Crisis Prevention Plan

NAME

## MY RISK FACTORS AND TRIGGERS

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## MY SUPPORT PEOPLE I CAN CALL

Name Phone Number

## MY MENTAL HEALTH PROVIDERS

Two orange heart icons are positioned on the left side of the page. Each heart is accompanied by a horizontal line that extends across the page, ending with an arrowhead pointing to the right. The top heart is located near the top of the page, and the bottom heart is located near the bottom of the page.

## USING MY 5 SENSES

- 5 THINGS I CAN SEE
- 5 THINGS I CAN HEAR
- 5 THINGS I CAN TOUCH
- 5 THINGS I CAN SMELL
- 5 THINGS I CAN TASTE

## ACTIVITIES TO DISTRACT MYSELF

Handwriting practice lines with five orange hearts on the left side.

## MY HEALTHY COPING STRATEGIES

A decorative horizontal banner at the top of the page. It features five small, pink, heart-shaped icons arranged vertically on the left side. On the right side, there are two larger, stylized leaf or petal shapes, also in pink. The banner is composed of a series of thin, horizontal pink lines.

## CRISIS RESOURCES I CAN CALL

Name Phone Number

-  Suicide Prevention 1-800-273-TALK (8255)
-  Suicide Prevention Text or Call 988
-  Crisis Text Line Text HOME to 741741
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## WHAT'S GOTTEN ME YHROUGH IN THE PAST

	
	
	
	
	
	
	
	
	
	
	
	

## MY AFFIRMATIONS



Handwriting practice lines with a decorative heart border on the left and a plant illustration on the right.