

My Crisis Prevention Plan

NAME

MY RISK FACTORS AND TRIGGERS

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MY SUPPORT PEOPLE I CAN CALL
Name Phone Number

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MY MENTAL HEALTH PROVIDERS
Name Phone Number

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USING MY 5 SENSES

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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

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MY HEALTHY COPING STRATEGIES

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CRISIS RESOURCES I CAN CALL
Name Phone Number

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Suicide Prevention 1-800-273-TALK (8255)

Suicide Prevention Text or Call 988

Crisis Text Line Text HOME to 741741

WHAT'S GOTTEN ME YHROUGH IN THE PAST

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MY AFFIRMATIONS

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