My coping plan for hard days

Fill it in ahead of time: it is harder to think in a crisis

MY EARLY WARNING SIGNS OF OVERLOAD

WHAT HELPS ME CALM DOWN

PEOPLE I CAN CALL

Name	Phone

PROFESSIONALS

Doctor / therapist	Phone

Emergency: 911. Suicide & Crisis Lifeline: call or text 988 (veterans press 1). Crisis Text Line: text HOME to 741741.