RECOGNIZE WARNING SIGNS:
What sorts of thoughts, images, moods, situations, and behaviors indicate to you that a crisis may be developing? Write these down in your own words.

COPING STRATEGIES:
What are some things that you can do on your own to help you not act on thoughts/urges to harm yourself?

SOCIALIZE WITH FRIENDS:
Make a list of people (with phone numbers) and social settings that may help take your mind off things.

FAMILY MEMBERS FOR SUPPORT:
Make a list of family members (with phone numbers) who are supportive and who you feel you can talk to when under stress.

MENTAL HEALTH PROFESSIONALS:
List names, numbers and/or locations of clinicians, local emergency rooms, crisis hotlines.

KEEP YOUR ENVIRONMENT SAFE:
Have you thought of ways in which you might harm yourself? Work with your counselor to develop a plan to limit your access to these means.

National Suicide Prevention Lifeline:
1-800-273-8255

find more info about tools and tips for dealing with distress at www.knowresolve.org