

**Take this out and put in a place you will know where to find it in crisis.**

What is a crisis for me? (e.g. suicidal feelings/thoughts, manic episode...)

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What feelings do I experience in crisis? (e.g. anger, fear...)

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What do I do that shows I'm in a crisis? (e.g. talking faster, hurting myself...)

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When am I able to recognize that I need extra support?

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How do I get the support I need? (e.g. key word, how to ask...)

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Who is in my support system, who can I turn to for help? How can they help me? (e.g. parents, teachers...)

Name \_\_\_\_\_ phone \_\_\_\_\_

What they can help me with \_\_\_\_\_

Name \_\_\_\_\_ phone \_\_\_\_\_

What they can help me with \_\_\_\_\_

Name \_\_\_\_\_ phone \_\_\_\_\_

What they can help me with \_\_\_\_\_

Other resources that are helpful to me

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Where can I go to be safe? (e.g. home, the hospital, counselor...)

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