

Warning Signs

Thoughts, images, moods, situations or behaviours that might indicate a crisis may be developing

Coping Strategies

Things I can do to take my mind off my problems (relaxation techniques, physical activities, hobbies, etc)

Places to Go

Social or professional settings that provide distractions or help that I can locate

Personal

Professional

People to Call

Personal or professional contacts that can help me during a crisis

Personal

Professional

The one thing that is most important to me and worth living for is: