

Your SOS Plan

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

Step 3: People & social settings that provide distraction:

Step 4: People whom I can ask for help:

Step 5: Professionals or people I can contact during a crisis:



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