

Form 1.1

Your stress and crisis management plan

Part 1: General prevention actions when in distress or experiencing suicidal thoughts [Implement one of the first four options if you currently feel unsafe.]

1. Call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255).
2. Call 911.
3. Have a family member or friend take you to the nearest emergency room (do not go alone or drive yourself).
4. Call your mental health or medical provider (if you have one). But if a provider is not immediately available to help, then take one of the above actions.

a. Provider name and number:

b. Provider name and number:

c. Provider name and number:

5.

6.

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Part 2: Potential triggers and specific responses

Trigger

Response

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