RED LIGHT SKILLS are safety skills that we use when we are experiencing a crisis.

What is a CRISIS?
A crisis is when there is a sense of uncertainty about safety (self harm, suicide, harming others, or abuse) and/or not knowing how to respond to a situation.

How do we RESPOND TO A CRISIS?
**TAKE A BREATH & ASK FOR HELP!**
There are many resources that we can rely on when experiencing a crisis.

Reach out to one of these resources:

**NATIONAL SUICIDE PREVENTION HOTLINE:**
- **CALL 1-800-273-TALK (8355)**
  *Open 24 hours a day, seven days a week*

**CRISIS TEXT LINE:**
- **TEXT “Home” to 741741**
  *Open 24 hours a day, seven days a week*
REACH OUT TO SOMEONE IN YOUR SUPPORT CIRCLE:

Person who can provide a healthy distraction: ________________________________

Person who I can ask for help: ________________________________

Professional person or organization available to me: ________________________________

Ways that I will reach them when I need help and/or am in crisis:

☐ In-Person  ☐ Text
☐ Phone call  ☐ Email

☐ In-Person  ☐ Text
☐ Phone call  ☐ Email

☐ In-Person  ☐ Text
☐ Phone call  ☐ Email

Signs that require IMMEDIATE ASSISTANCE:

Thoughts or impulses of harming yourself or others

Making plans to harm yourself or others

Feeling out of touch with reality

Other signs that you may be experiencing a crisis:

THINKING
• Any thought that you do not know how to handle on your own

FEELING
• Sudden changes in your mood
• Quicker to anger or frustration
• Feeling like your mood is “out of control”
• More bad days than good days
• Extreme “low” and “high” feelings

SITUATIONS
• You do not feel safe
• Big life stressors (like losing someone close to you or losing your job)

ACTING
• Significant changes in your eating, sleeping, and/or hygiene
• Low motivation for responsibilities (school, work, etc.)
• Withdrawing from relationships and/or normal activities
• Use of substances to numb out

OTHERS?
• ________________________________
• ________________________________
• ________________________________