|  |
| --- |
| Name: |
| Date: |
| Participants: |

|  |
| --- |
| Warning Signs (Over/under sleeping or eating, critical, thoughts of self-harm, mood swings) |
| 1. |
| 2. |
| 3. |
| 4. |
| 5 |

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| Coping Strategies (Sensing In, Resource Memory, Deep Breathing, Hard Work) |
| 1. |
| 2. |
| 3. |

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| Reasons to live… ( Faith, Family, Friends, Future) |
| 1. |
| 2. |
| 3. |

|  |  |
| --- | --- |
| Emergency Contacts | |
| Name | Contact |
| 1. |  |
| 2. |  |

**National Suicide Prevention Line- 1-800-273-8255**

**If you, or someone you know is in danger of harming themselves or someone else, please call 911.**