**MY SAFETY PLAN**

**ADDITIONAL FORMS TO CHOOSE**

****

**CRISIS CENTER CONTACTS**

**PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**TELÉFONO: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**TEXT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**CHAT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**OTHER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**OTHER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**OTHER CONTACTS**

**MENTAL HEALTH PROFESSIONAL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**DOCTOR/PRIMARY CARE PHYSICIAN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**INFORMATIVE WEBSITES: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

**EXAMPLES OF RESOURCES FOR HELP AND HEALING**

**EXAMPLES: SUICIDE PREVENTION CRISIS CONTACTS IN THE USA:**

**PHONE - NATIONAL LIFELINE NUMBER 988 OR 1-800-273-8255 (TALK)**

**TELÉFONO - AYUDA SUICIDA EN ESPAÑOL - 1-888-628-9454**

**CHAT - SUICIDEPREVENTIONLIFELINE.ORG**

**TEXT – 741741 (TEXT CAN BE JUST ONE WORD LIKE: “HELLO” “HELP” OR “TALK”)**

**EXAMPLES: HOTLINE NUMBERS IN THE USA:**

**MILITARY HELPLINE 1-888-457-4838**

**NATIONAL CALL CENTER FOR HOMELESS VETERANS 1-877-424-3838**

**ALCOHOLICS ANONYMOUS 1-212-870-3400**

**NATIONAL DRUG HELPLINE - DRUGHELPLINE.ORG 1-844-289-0879**

**DRUGFREE.ORG 1-855-378-4373**

**NATIONAL SEXUAL ASSAULT HOTLINE 1-800-656-4673 (HOPE)**

**NATIONAL HUMAN TRAFFICKING HOTLINE 1-888-373-7888 OR TEXT 233733**

**NATIONAL RUNAWAY SAFELINE 1-800-786-2929 = 1-800-RUNAWAY**

**SENIORS WHO ARE LONELY – THE FRIENDSHIP LINE 1-800-971-0016**

**NATIONAL DOMESTIC VIOLENCE HOTLINE 1-800-799-7233 (SAFE)**

**PARENT HOTLINE 1-800-840-6537**

**CHILDHELP NATIONAL CHILD ABUSE HOTLINE 1-800-422-4453**

**NATIONAL YOUTH CRISIS HOTLINE 1-800-448-4663**

**BOYS TOWN NATIONAL HOTLINE 1-800-448-3000**

**LGBT NATIONAL YOUTH HOTLINE 1-800-246-7743**

**TREVOR LIFELINE 1-866-488-7386**

**LGBT NATIONAL HOTLINE 1-888-843-4564**

**SAMHSA DRUG ABUSE NATIONAL HELPLINE -**

**1-800-662-4357 = 1-800-662-HELP OR TEXT 435748 (HELP4U)**

**EXAMPLES: INFORMATIVE WEBSITES IN THE USA FOR SUICIDE PREVENTION**

**SUICIDEPREVENTIONLIFELINE.ORG, AFSP.ORG, LINESFORLIFE.ORG,**

**JASONFOUNDATION.COM, SAVE.ORG, SUICIDE.ORG,**

**CODEGREENCAMPAIGN.ORG, NAMI.ORG, SURVIVEFIRST.US,**

**MILITARYONESOURCE.MIL, SUICIDEPREVENTIONALLIANCE.ORG**

**EXAMPLES: INFORMATIVE WEBSITES IN THE USA FOR HEALING:**

**STANDSTRONG.ORG, HELPGUIDE.ORG, FINDTREATMENT.GOV,**

**AA.ORG (ALCOHOLICS ANONYMOUS), PTSD.VA.GOV, PTSDALLIANCE.ORG,**

**AMERICANADDICTIONCENTERS.ORG, NIMH.NIH.GOV, LINESFORLIFE.ORG,**

**NATIONALSAFEPLACE.ORG (YOUTH), MENTALHELP.NET, DAILYVERSES.NET,**

**(SEXUAL ASSAULT SURVIVORS) RAINN.ORG MYAWAYOUT.ORG,**

**THEHOTLINE.ORG (DOMESTIC VIOLENCE), 2L.ORG (CHILD SEX ABUSE)**

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**SUPPORT TEAM CONTACTS: NAME, EMAIL, PHONE NUMBERS**

**(PEOPLE OR PERSON I CONFIDED IN WHO HAS AGREED TO BE THERE TO HELP ME STAY SAFE)**

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**THIS PERSON WILL HELP BY:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**THIS PERSON WILL HELP BY:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**THIS PERSON WILL HELP BY:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**THIS PERSON WILL HELP BY:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**THIS PERSON WILL HELP BY:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**THIS PERSON WILL HELP BY:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**THIS PERSON WILL HELP BY:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**THIS PERSON WILL HELP BY:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I’M NOT GOING TO ACT ON MY SUICIDAL THOUGHTS!**

**I MATTER! I’M ENOUGH! I’M LOVED! I WILL LIVE!**

**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

**MY SUPPORT TEAM CONTACTS**

**(WRITE DOWN: NAME, ADDRESS, PHONE NUMBERS, AND EMAIL)**

**WHAT IS A SUPPORT TEAM?**

**PEOPLE OR PERSON I CONFIDED IN, WHO SAID THEY WILL HELP ME**

**(HELP MAY INCLUDE RIDES TO APPOINTMENTS, WATCHING A MOVIE, LISTENING, ETC)**

**I’M NOT GOING TO ACT ON MY SUICIDAL THOUGHTS!**

**I MATTER! I’M ENOUGH! I’M LOVED! I WILL LIVE!**

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**EXAMPLES OF NEED**

|  |  |
| --- | --- |
| **CHILDCARE** | **RIDES TO AND FROM APPOINTMENTS** |
| **FINDING A SUPPORT GROUP** | **LIKING YOURSELF** |
| **A COUNSELOR** | **IF IN CRISIS A RIDE TO HOSPITAL ER** |
| **HELP KNOWING YOU ARE AMAZING** | **FINDING PERSONAL TIME** |
| **HELP WITH BULLY/ABUSER** | **FINDING A PLACE TO VOLUNTEER** |
| **HELP DEALING WITH DEPRESSION** | **ADDICTION TREATMENT** |
| **SOMEONE TO TALK WITH** | **SOMEONE WHO UNDERSTANDS** |
| **FINDING A BIBLE STUDY GROUP** | **EATING DISORDER HELP** |
| **FINDING A HOBBY** | **A HOME COMPANION/NURSE** |
| **GRIEF SUPPORT GROUP OR HELP** | **STRESS MANAGEMENT** |
| **HELP WITH ANXIETY** | **A SAFE PLACE TO LIVE** |
| **FINDING PERSONAL ACCEPTANCE** | **HELP ADOPTING A COMPANION PET** |
| **FEEL LOVED/NOT ALONE** | **FAMILY COUNSELING** |
| **MOTIVATION TO STAY ALIVE** | **CHRONIC PAIN MANAGEMENT CLASS** |

|  |
| --- |
| **HELP SELECTING THE RIGHT TYPE OF MENTAL HEALTH SPECIALIST** |
| **FINDING GROUPS WITH SIMILAR INTERESTS** |
| **FINDING AN ORGANIZATION/SUPPORT GROUP THAT HELPS WITH LONELINESS** |
| **SOMEONE TO ENCOURAGE YOU TO GET OUT OF BED** |
| **HELP WITH SEARCHING FOR HEALING RESOURCES** |
| **SOMEONE WHO WILL KEEP YOU COMPANY WHEN FEELING DOWN** |
| **SOMEONE TO PICK UP GROCERIES, DO ERRANDS, HELP WITH HOUSEWORK** |
| **HELP BRAINSTORMING DISTRACTION IDEAS** |
| **HELP REMOVING ITEMS THAT CAN BE USED FOR SUICIDE** |
| **FINANCIAL/DEBT HELP OR MANAGEMENT** |
| **TAKING BETTER CARE OF YOURSELF:**  **(EATING HEALTHY, SLEEPING, STRETCHES/EXERCISE, OVERCOMING ADDICTIONS)** |
| **LEGAL DOCUMENTS/ADVANCED DIRECTIVE/WILL** |

**KNOWING YOUR NEEDS BEFORE ASKING SOMEONE TO HELP WITH THEM**

**WILL PROVIDE OPTIONS FOR THEM TO CHOOSE - HOW THEY CAN BEST SUPPORT YOU.**

**IF YOU DON’T LIKE THE IDEA OF ASKING OTHERS FOR HELP,**

**DON’T THINK OF IT AS HELP BUT AS OTHERS GIVING YOU SUPPORT**

**- LIFE SUPPORT -**

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**WHAT ARE MY NEEDS?**

**BEFORE ASKING SOMEONE TO JOIN YOUR SUPPORT TEAM,**

**THINK ABOUT – WHAT KIND OF SUPPORT DO I NEED?**

**EXAMPLES OF SOME SUPPORT NEEDS:**

**SOMEONE TO GIVE ME RIDES TO & FROM APPOINTMENTS**

**SOMEONE WHO WILL HELP REMOVE ITEMS THAT MAY BE USED TO END MY LIFE**

**SOMEONE WHO WILL HANG OUT WHEN I’M FEELING ALONE OR EXTRA LOW**

**SOMEONE WHO CAN HELP ME PROBLEM SOLVE MY SITUATION**

**SOMEONE WHO CAN STAY CALM WHEN I NEED HELP OR TO TALK**

**SOMEONE WHO WILL BE THERE TO LISTEN IF I FEEL LIKE TALKING**

**SOMEONE TO HELP FIND THE RIGHT TYPE OF MENTAL HEALTH SPECIALIST**

**SOMEONE TO RESEARCH ABOUT SUICIDAL THINKING WITH ME**

**SOMEONE TO HELP ME CARE FOR MY WELL-BEING**

**SOMEONE TO HELP ME QUIT USING ALCOHOL/DRUGS**

**SOMEONE TO BE THERE WHEN NEEDED FOR A SHOULDER TO CRY ON OR HUG**

**SOMEONE TO MAKE SURE I GO TO SUPPORT GROUPS/APPOINTMENTS/MEETINGS**

**SOMEONE TO GET HEALTHY GROCERIES/PICK UP PRESCRIPTIONS**

**SOMEONE TO WATCH KIDS FOR AN HOUR OR TWO**

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**9.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**10.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**WHAT ARE MY NEEDS?**

**BEFORE ASKING SOMEONE TO JOIN YOUR SUPPORT TEAM,**

**THINK ABOUT –**

**WHAT KIND OF SUPPORT DO I NEED?**

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**9.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**10.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**11.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**12.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**13.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**14.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**15.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**16.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**17.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**18.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**19.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**20.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**21.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**22.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**23.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**24.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I REFUSE TO BE A STATISTIC! I’M STRONG! IT’S OK TO ASK FOR HELP!**

**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

**EXAMPLES OF SOME SUPPORT NEEDS:**

**SOMEONE TO GIVE ME RIDES TO & FROM APPOINTMENTS**

**SOMEONE WHO WILL HELP REMOVE ITEMS THAT MAY BE USED TO END MY LIFE**

**SOMEONE WHO WILL HANG OUT WHEN I’M FEELING ALONE OR EXTRA LOW**

**SOMEONE WHO CAN HELP ME PROBLEM SOLVE MY SITUATION**

**SOMEONE WHO CAN STAY CALM WHEN I NEED HELP OR TO TALK**

**SOMEONE WHO WILL BE THERE TO LISTEN IF I FEEL LIKE TALKING**

**SOMEONE TO HELP FIND THE RIGHT TYPE OF MENTAL HEALTH SPECIALIST**

**SOMEONE TO RESEARCH ABOUT SUICIDAL THINKING WITH ME**

**SOMEONE TO HELP ME CARE FOR MY WELL-BEING**

**SOMEONE TO HELP ME QUIT USING ALCOHOL/DRUGS**

**SOMEONE TO BE THERE WHEN NEEDED FOR A SHOULDER TO CRY ON OR HUG**

**SOMEONE TO MAKE SURE I GO TO SUPPORT GROUPS/APPOINTMENTS/MEETINGS**

**SOMEONE TO GET HEALTHY GROCERIES/PICK UP PRESCRIPTIONS**

**SOMEONE TO WATCH KIDS FOR AN HOUR OR TWO**

**I REFUSE TO BE A STATISTIC! I’M STRONG! IT’S OK TO ASK FOR HELP!**

**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

**WHAT ARE MY NEEDS?**

**THERE ARE FOUR MAIN TYPES OF NEEDS:**

**1. NEEDS TO HELP STAY ALIVE 3. NEEDS TO HELP MAKE LIFE EASIER/BETTER**

**2. NEEDS TO HELP SOLVE PROBLEMS 4. NEEDS TO MAINTAIN MENTAL WELL-BEING**

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**9.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**10.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**11.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**12.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**13.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**14.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**15.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**16.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**17.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**18.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**19.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**20.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I’M NOT GOING TO ACT ON SUICIDAL THOUGHTS! I WANT TO LIVE!**

**I’M DETERMINED TO LIVE! I’M RESOURCEFUL! I’M NOT GIVING IN!**

**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

**WHAT ARE MY NEEDS?**

**THERE ARE FOUR MAIN TYPES OF NEEDS:**

**1. NEEDS TO HELP STAY ALIVE 3. NEEDS TO HELP MAKE LIFE EASIER/BETTER**

**2. NEEDS TO HELP SOLVE PROBLEMS 4. NEEDS TO MAINTAIN MENTAL WELL-BEING**

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**9.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**10.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**11.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**12.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**13.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**14.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**15.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**16.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**17.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**18.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**19.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**20.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**21.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I’M NOT GOING TO ACT ON MY SUICIDAL THOUGHTS!**

**I MATTER! I’M ENOUGH! I’M LOVED! I WILL LIVE!**

**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

**WHAT ARE MY NEEDS?**

**THERE ARE FOUR MAIN TYPES OF NEEDS:**

**1. NEEDS TO HELP STAY ALIVE 2. NEEDS TO HELP MAKE LIFE EASIER/BETTER**

**3. NEEDS TO HELP SOLVE PROBLEMS 4. NEEDS TO MAINTAIN MENTAL WELL-BEING**

**THERE ARE TWO CLASSIFICATIONS OF NEEDS:**

**1. NEEDS I SOLVE BY MYSELF 2. NEEDS ONLY OTHERS CAN HELP ME SOLVE**

**NEEDS I SOLVE BY MYSELF NEEDS ONLY OTHERS CAN SOLVE**

**1.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**8.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**9.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**10.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**11.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**12.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**13.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**14.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**15.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**16.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**17.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**18.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**19.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**20.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

**GETTING MY NEEDS FIGURED OUT**

**NEEDS I SOLVE BY MYSELF NEEDS ONLY OTHERS CAN SOLVE**

**1.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**8.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**9.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**10.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**11.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**12.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**13.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**14.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**15.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**16.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**17.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**18.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**19.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**20.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **21.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**22.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**23.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**24.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**25.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

**FIGURING OUT WHAT MY NEEDS ARE**

**THERE ARE FOUR MAIN TYPES OF NEEDS:**

**1. NEEDS TO HELP STAY ALIVE 3. NEEDS TO HELP MAKE LIFE EASIER/BETTER**

**2. NEEDS TO HELP SOLVE PROBLEMS 4. NEEDS TO MAINTAIN MENTAL WELL-BEING**

**THERE ARE TWO CLASSIFICATIONS OF NEEDS:**

**1. NEEDS I SOLVE BY MYSELF 2. NEEDS ONLY OTHERS CAN HELP ME SOLVE**

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **21.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **22.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **23.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **24.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **25.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **27.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **28.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**9.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **29.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**10.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **30.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**11.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **31.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**12.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **32.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**13.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **33.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**14.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **34.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**15.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **35.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**16.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **36.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**17.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **37.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**18.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **38.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**19.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **39.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**20.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **40.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I MATTER! I’M ENOUGH! I’M LOVED! I’M AMAZING!**

**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

**GETTING NEEDS WRITTEN DOWN AND FIGURED OUT**

**INCLUDE BOTH NEEDS I CAN SOLVE BY MYSELF AND**

**NEEDS ONLY OTHERS OR ORGANIZATIONS CAN HELP ME SOLVE.**

**NEEDS TO HELP STAY ALIVE NEEDS FOR MENTAL WELLNESS SUPPORT**

**1.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**8.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**9.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**10.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **11.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**NEEDS TO HELP SOLVE PROBLEMS NEEDS TO MAKE LIFE EASIER/BETTER**

**1.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**8.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**9.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**10.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **11.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

**THINGS I CAN DO TO DISTRACT MY THOUGHTS**

* **WHAT ARE MY INTERESTS OR HOBBIES? WHAT DO I ENJOY? WHAT AM I GOOD AT?**
* **WRITE DOWN ACTIVITIES I CAN DO BY MYSELF:**
* **WRITE DOWN ACTIVITIES I CAN DO WITH OTHERS:**
* **WRITE DOWN WHAT NEW POSITIVE ACTIVITIES I’M WILLING TO TRY:**
* **WHAT POSITIVE PEOPLE CAN I VISIT/HANG OUT WITH IN PERSON/ONLINE/PHONE?**
* **WHAT GIVES ME HOPE/PURPOSE/REASONS FOR LIVING? ANY GOOD MEMORIES?**

**I’M NOT DYING TODAY! I’M MAKING IT THROUGH ANOTHER DAY!**

**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

**14 STEPS I WILL DO TO HELP KEEP MYSELF ALIVE**

**01. I WILL REMOVE ANY ITEMS THAT CAN BE USED TO HURT MYSELF.**

**02. I WILL MAKE SURE CONTACT NUMBERS ARE IN MY PHONE AND WRITTEN DOWN.**

**03. TO THE BEST OF MY ABILITY I WILL AVOID WHAT CAUSES MY SUICIDE THINKING.**

**04. WHEN NEGATIVE THOUGHTS APPEAR, I WILL REPLACE THEM WITH POSITIVE ONES.**

**05. I WILL LEARN ABOUT MYSELF INCLUDING WHAT MY WARNING SIGNS ARE.**

**06. I WILL RESPECT MY BODY. I WILL DO MY BEST TO: NOT HARM MYSELF, EXERCISE, EAT HEALTHY, STAY AWAY FROM ALCOHOL & DRUGS, AND NOT ACT RECKLESS.**

**07. I WILL FILL OUT RESOURCE MATERIAL FORMS, READ AND DO THEM REGULARLY.**

**08. I WILL LEARN PROBLEM SOLVING SKILLS TO SOLVE PROBLEMS IN POSITIVE WAYS.**

**09. I WILL KEEP MY MIND BUSY AND DO POSITIVE ACTIVITIES.**

**10. I WILL GO PLACES TO DISTRACT MYSELF.**

**11. I WILL VISIT/SOCIALIZE WITH POSITIVE PEOPLE (IN PERSON, PHONE, OR ONLINE).**

**12. I WILL FOCUS ON WHAT GIVES ME HOPE OR REASON TO LIVE.**

**13. WHEN FEELING DOWN MORE THAN USUAL, I WILL USE MY SAFETY PLAN TO:**

**CONTACT PEOPLE ON MY SUPPORT TEAM, DO DISTRACTION ACTIVITIES, AND MAKE**

**A MENTAL HEALTH APPOINTMENT.**

**14. WHEN WARNING SIGNS ARE PRESENT AND THESE STEPS ARE NOT WORKING:**

**TO REMAIN SAFE I WILL CALL A CRISIS LINE/MY MENTAL HEALTH PROVIDER, OR IF I’M IN CRISIS I WILL GO TO A HOSPITAL EMERGENCY ROOM.**

**I’M IN CHARGE OF MY LIFE I WILL FIGHT TO STAY ALIVE**

**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

**21 STEPS I WILL DO TO HELP KEEP MYSELF INSPIRED TO BE ALIVE**

**01. I WILL REMOVE ANY TEMPTING ITEMS THAT CAN BE USED TO HURT MYSELF.**

**02. I WILL THOUGHTFULLY FILL OUT THIS PREVENTION SAFETY PLAN/A DIFFERENT ONE.**

**03. I WILL MAKE SURE CONTACT NUMBERS ARE IN MY PHONE AND WRITTEN DOWN.**

**04. TO THE BEST OF MY ABILITY I WILL AVOID WHAT CAUSES SUICIDAL THINKING.**

**05. WHEN NEGATIVE THOUGHTS APPEAR, I WILL REPLACE THEM WITH POSITIVE ONES.**

**06. I WILL ADD MATERIALS TO THIS SAFETY PLAN FROM WWW.GALLERYOFHOPE.ME.**

**LIKE THE SNOWFLAKE MODEL/HEART OF HOPE DISTRACTION RESOURCES FORMS.**

**07. I AM WILLING TO LEARN ABOUT MYSELF! EVEN WARNING SIGNS & HIDDEN HURTS.**

**08. I WILL DO POSITIVE ACTIVITIES/DISTRACTIONS AND BE WILLING TO TRY NEW ONES.**

**09. I WILL RESPECT MY BODY. I WILL DO MY BEST TO: NOT HARM MYSELF, EXERCISE,**

**EAT HEALTHY, NOT ACT RECKLESS, AND STAY AWAY FROM ALCOHOL & DRUGS.**

**10. I WILL LEARN PROBLEM SOLVING SKILLS TO SOLVE PROBLEMS IN POSITIVE WAYS.**

**11. I WILL KEEP MY MIND BUSY AND DO DISTRACTIONS TO STAY IN THE MOMENT.**

**12. I WILL GO TO POSITIVE PLACES TO DISTRACT MYSELF (PHYSICALLY OR ONLINE).**

**13. I WILL VISIT/SOCIALIZE WITH POSITIVE PEOPLE (IN PERSON, PHONE, OR ONLINE).**

**14. I WILL DO RELAXATION METHODS AT LEAST ONCE PER DAY (MORE IS BETTER ☺).**

**15. I WILL HOLD ONTO WHAT GIVES ME HOPE AND REASON TO LIVE.**

**16. I WILL PREPARE/BE READY TO FACE ANY CHALLENGING DAY/EVENT LIFE BRINGS.**

**17. WHEN FEELING DOWN MORE THAN USUAL, I WILL REACH OUT TO PEOPLE ON MY**

**SUPPORT TEAM/CONTACT MY MENTAL HEALTH SPECIALIST FOR AN APPOINTMENT.**

**18. WHEN WARNING SIGNS ARE PRESENT AND THESE STEPS ARE NOT WORKING: TO**

**REMAIN SAFE I WILL CONTACT A CRISIS LIFELINE/MY MENTAL HEALTH PROVIDER,**

**OR IF ALREADY IN CRISIS I WILL GO TO A HOSPITAL EMERGENCY ROOM.**

**19. OPTIONAL: I WILL USE THE SNOWFLAKE MODEL TO HELP HEAL MY HURT(S).**

**20. OPTIONAL: I WILL KEEP READING POSITIVE AFFIRMATIONS. MINE OR ON CARD**

**21. OPTIONAL: I WILL HELP OTHERS. I WILL FIND LITTLE WAYS TO BRING OTHERS JOY.**

**I’M IN CHARGE OF MY LIFE & THOUGHTS! I WILL FIGHT TO STAY ALIVE!**

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