where can you get professional assistance?
1. counselor: __________________
   phone: _____________________
2. urgent care: _________________
   phone: _____________________
3. crisis hotline (that’s us)
   local: 415-781-0500
   national: 1-800-273-8255

make it easier to hurt yourself?
things that give you anxiety or you remove, hide or put away current surroundings safer?
can you get out of your current environment? what grounds you and makes you feel good even for a moment? what activities help distract you for the next couple of hours? can you go to one of these places what are some ways you can make your current surroundings safer? can you remove, hide, or put away things that give you anxiety or make it easier to hurt yourself?

try to take a deep breath. or two. or three. or ten. you know yourself better than anyone else---what are some warning signs that you might be in crisis or feeling low?

let’s focus on the short-term first.
what are some ways you can take your mind off your problems for the next couple of hours? what activities help distract you?
what grounds you and makes you feel good even for a moment? let’s focus on the short-term first.

where do you feel safe? what places are comforting? can you go to one of these places to get out of your current environment? what are some ways you can make your current surroundings safer? can you remove, hide, or put away things that give you anxiety or make it easier to hurt yourself?

hopefully you’re feeling a little more comfortable in your current space now. let’s think long-term. what gives your life meaning? who/what do you love? what’s on your bucket list?

if things get too hard to handle alone, who can you call for support?
1. name: __________________
   phone: ___________________
2. name: __________________
   phone: ___________________
3. name: __________________
   phone: ___________________

where can you get a little professional assistance?
1. counselor: __________________
   phone: ___________________
2. urgent care: __________________
   phone: ___________________
3. crisis hotline (that’s us)
   local: 415-781-0500
   national: 1-800-273-8255