

**Warning Signs that I’m not doing well:** What you experience when you start to think about death/dying/suicide or begin feeling extremely depressed/down/sad? (thoughts, images, situations, moods or behaviors)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Things I can do on my own to feel better:** What can you do if a crisis develops in order to keep yourself safe? (Relaxation techniques, coping skills, distractions, etc)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**People or places that can take my mind off of my problems:** Who/what places help you take your mind off your problems at least for a little while?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**People I can ask for help:** Who can you contact that will help you during a crisis? (must be above the age of 21 years old)

- Name: \_\_\_\_\_ Contact Numbers: \_\_\_\_\_
- Name: \_\_\_\_\_ Contact Numbers: \_\_\_\_\_
- Name: \_\_\_\_\_ Contact Numbers: \_\_\_\_\_

**Ways to keep myself safe:** How can we limit your access to lethal means/keep you safe during a crisis at home, school or in the community?

1. \_\_\_\_\_
2. \_\_\_\_\_

**Two things that are very important to me and worth living for:**

1. \_\_\_\_\_
2. \_\_\_\_\_

**Professionals/Agencies I can call for help. (call until you reach someone)**

**Out-patient Provider:** \_\_\_\_\_

**Emergency Services:** 9-1-1

**Crisis Hotline:** NetCare ACCESS--614-276-2273

**Suicide and Crisis Hotline:** 9-8-8 (text or call)

\_\_\_\_\_  
Clinician Name

\_\_\_\_\_  
Time/Date