

COPING SKILLS PLAN

KNOW YOUR WARNING SIGNS- WHAT DOES IT LOOK LIKE WHEN YOU ARE UPSET OR STRUGGLING?

1.	4.
2.	5.
3.	6.

KNOW YOUR TRIGGERS-LIST SOME OF YOUR TRIGGERS AND SKILLS TO SOOTH THEM

1. TRIGGER:	SKILL:
2. TRIGGER:	SKILL:
3. TRIGGER:	SKILL:

LIST YOUR FAVORITE COPING SKILLS

1.	4.
2.	5.
3.	6.

TALK TO YOUR MENTAL HEALTH PROVIDERS-LIST NAMES AND PHONE NUMBERS

1. NAME:	PHONE:
2. NAME	PHONE:
3. NAME:	PHONE:

CONTACT THE CRISIS HOTLINE-LIST YOUR LOCAL HOTLINE NUMBERS IN CT 211

INFORMATION HOTLINE CT	PHONE: 211
NATIONAL SUICIDE PREVENTION HOTLINE	PHONE: 1-800-273-8255
CRISIS TEXT LINE	Text START to 741-741

SECURE OR REMOVE ANY POTENTIALLY DANGEROUS ITEMS FROM THE HOME. IF YOU ARE **ACTIVELY SUICIDAL** AND/OR EXPERIENCING A **MEDICAL EMERGENCY** SKIP THIS PLAN AND **CALL 911** OR PROCEED TO YOUR NEAREST EMERGENCY DEPARTMENT. THEN CONTACT YOUR TREATMENT PROVIDERS.

FOR MORE INFORMATION ON HOW TO COPE WITH CRISIS AND DISTRESS VISIT WWW.MINDFULHEALINGLLC.COM OR CALL (860) 387-5689.

©2017 Lianna Tsangarides, LCSW