

Step 1: Warning signs that a crisis may develop (specific triggering images, moods, situations, behaviors, or thoughts):

- 1.
- 2.
- 3.
4. A specific place:

Step 2: Proven options to take my mind off problems that I can do by myself (relaxation technique, physical activity):

- 1.
- 2.
- 3.

Step 3: People and social settings that provide support and/or distraction:

1. Name: (Confirm in phone/message contacts or list:)
2. Name: (Confirm in phone/message contacts or list:)
3. Name: (Confirm in phone/message contacts or list:)
4. A specific place:

Step 4: Professionals or agencies I can contact during a crisis (recommendation to select preferred order):

- TN Statewide Crisis Phone Line: 1-855-CRISIS-1 (855.274.7471)
- Domestic Violence Helpline: 1-800-356-6767
- Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)
- Present to the nearest Emergency Room (please go with a safe friend if possible)
- Call 911 and inform them you are in mental health crisis and would like Project Respond assistance

Step 5: Making the environment safe (any additional essential supports; ie. remove known lethal risks):

One thing that is important to me and worth continuing to live for even in horrible, awful, terrorizing moments is: