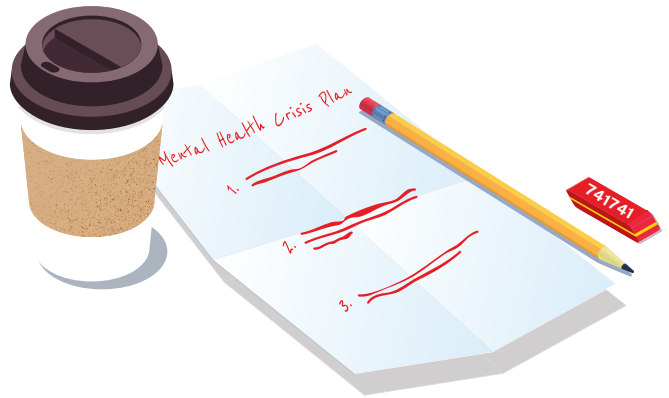


Make a mental health crisis plan



Your mental health is important. And, at one point or another, you and your friends may need some tools to cope with difficult emotions. The best way to prepare yourself is to have a plan before you need it.

Create your crisis plan below:

When I feel stressed, here are three things I can do to feel more calm:

1. _____
2. _____
3. _____

Three things I do for self-care that often make me feel better:

1. _____
2. _____
3. _____

Three people I can reach out to if I'm struggling:

1. _____
2. _____
3. _____

Resources I can turn to if I need help:

1. Text **SCHOOL** to **741741** _____
2. _____
3. _____

Make it easy to reach Crisis Text Line in the future



CRISIS TEXT LINE |

mental health
School 
Supplies