

Crisis Toolkit

Complete this worksheet with a loved one or mental health professional, and remember – you are not alone.

What are your triggers?

What are you thinking and feeling when you're triggered?

In those moments, what helps you feel better?

What can you do or focus on instead to take a break from the situation?

Who can you talk to about what you're going through? Include their contact information.

Who are the professionals that can help you? Include their contact information.

How can we make your home environment safer?

If you or a loved one are experiencing a life-threatening mental health emergency, please call or text the National Suicide & Crisis Lifeline at 988, or call 911.