

Events that are stressful (or trigger me)	What I can do to stay calm	People I can call for support
	<p>When feeling stressed or triggered:</p> <p>When feeling unsafe:</p>	<p>• Name _____ Relationship _____ Phone _____</p> <p>• Name _____ Relationship _____ Phone _____</p> <p>• Name _____ Relationship _____ Phone _____</p>
<p>Signs that I am having difficulty (Check all that apply)</p> <p><input type="radio"/> Isolating/keeping to myself</p> <p><input type="radio"/> Not taking my medications as prescribed</p> <p><input type="radio"/> Changes in mood</p> <p><input type="radio"/> Missing appointments</p> <p><input type="radio"/> Alcohol or drug use</p> <p><input type="radio"/> Changes in appetite</p> <p><input type="radio"/> Changes in sleep</p> <p><input type="radio"/> Thoughts of hurting self or others</p> <p><input type="radio"/> Not completing daily tasks/routines</p> <p>Other: _____</p>	<p>These are my safe places:</p> <p>Things people can do/say to help me when I'm upset:</p> <p>Things people should not do/say to help me when I'm upset:</p>	<p>Community support and other resources:</p> <p>• Therapist _____ Phone _____</p> <p>• Local crisis team number _____</p> <p>• 9-8-8 (Suicide and Crisis Lifeline)</p> <p>• 9-1-1 Local Emergency Room</p>

Note: This form is designed to aid in (not take the place of) treatment from a licensed professional.