

Coping Techniques

- Talk to Someone!
- Make a Safety Plan
- Make Distraction Box
- Promise not to do anything, RIGHT NOW.
- Give some distance from your thought and action.

Tell yourself to wait 24 hours or even a week

- Practice Grounding

Techniques (i.e. 54321)

- Download Helpful Phone

Apps (i.e. Calm Harm, My3App)

- Place your hand over your heart, can you feel it beating?

**That is called purpose. You're
alive for a reason so don't give up!**