



Text a friend, text a youth partner

IF I AM IN A CRISIS,
I WILL FOR SURE...

MY STRENGTHS ARE

WHEN I'M IN A CRISIS,
IT LOOKS & FEELS LIKE

WHEN I'M IN A CRISIS, THINGS
THAT ARE DIFFERENT ARE



HEALTH NEEDS

EMERGENCY CONTACT(S)

.....
.....

ADDRESS

PHONE () -

NAME _____
.....

..... THE THINGS THAT
GET ME TO BASELINE

SUPPORT

WHAT WAS HELPFUL

.....
.....
.....



CRISIS & SAFETY PLANNING
#igotthis



..... THESE ARE SOME THINGS THAT
SEND ME INTO CRISIS



www.youthera.org
#igotthis

Change

TO CREATE

Power

I HAVE THE



THINGS THAT WILL MAKE ME
FEEL BETTER NOW

I need to take a walk and listen to music

THINGS THAT
MAKE ME HAPPY

