Name: Grade: Date:

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| **Step 1: Warning signs (thoughts, images, mood, situations, behavior) that a crisis may be developing: How does your body feel? What are the thoughts in your head?** |
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| **Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity, music, reading…):** |
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| **Step 3: People, social settings, and activities that provide distraction:** |
| Name: Phone: |
| Name: Phone: |
| Place: Place: |
| Activity: Activity: |
| **Step 4: People I can reach out to for help: At Home, At School, and In the Community** |
| 1. Name: Phone: |
| 1. Name: (Adult) Phone: |
| 1. Name: (Adult) Phone: |
| **Step 5: Professionals or agencies I can contact during a crisis: (crisis, case manager, counselor…)** |
| Therapist, Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Emergency Contact, Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Maine Crisis Hotline—1-888-568-1112 Crisis Text Line: 741741**  **Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255) Police: 911**  **Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| **Step 6: Making the environment safe:** |
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**Step 7: What in your life is worth living for?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Staff Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_ Follow up Meeting: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*(MH/Counselor)*

**Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_ Time \_\_\_\_\_\_\_\_\_\_**

**Parent/ Guardian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_ Review Date: \_\_\_\_\_\_\_\_\_\_\_\_**

Revised: 7-2019