

EMERGENCY PLAN

THIS TOO SHALL PASS

EMERGENCY NUMBERS

1. Suicide Helpline 1-800-8255
2. Therapist 555-5555 ext 5
3. Doctor 555-5555 ext 5
4. Local Hospital 555-5555

SUPPORT CONTACTS

1. Partner 555-5555
2. Mom 555-5555
3. Sister 555-5555
4. Friend 555-5555
5. Neighbor 555-5555

If you are in need of immediate attention, remain calm and CALL 911.

WHAT TO DO

1. Take a deep breath.
2. Remember that this won't last forever and that you'll be ok.
3. Take your phone and emergency kit to your bed.
4. Call people in your support group until someone answers.
5. While you wait for someone to help, work on the following:
 - a. Put on your essential oil. Breathe it in.
 - b. Put on your sunglasses.
 - c. Put on your headphones.
 - d. Pick up the fuzzy blanket square.
 - e. Do alternate nostril breathing: 4 in, hold 4, 4 out, hold 4. Repeat until you feel safer. You've got this.

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