

COPING AHEAD PLAN

Use Your Coping Skills – List your favorite coping skills here

1.	2.	3.
4.	5.	6.
7.	8.	9.

Talk to a Safe, Responsible Adult You Trust – List the names and phone numbers of safe, responsible adults you trust

1. Name:	Phone:
2. Name:	Phone:
3. Name:	Phone:

Talk to Your Mental Health Providers – List the names and phone numbers of your therapist, psychiatrist and/or other providers you can contact

Therapist:	Phone:
Psychiatrist:	Phone:
Other:	Phone:

Contact a Crisis Hotline – List the name and phone number of your local crisis hotline (In CT, you call EMPS by dialing 211)

National Suicide Prevention Lifeline (24/7)	1-800-273-8255
Crisis Text Line	Text START to 741-741

*If you are **actively suicidal**, and/or experiencing a **physical, medical emergency**, skip this plan and **call 911** or proceed to your nearest **Emergency Department**.
Then continue to contact your treatment providers.*

For more information on how to cope with anxiety (... and other big emotions)
visit <http://www.mallorygrimste.com>