

SELF CARE PLAN

Ways I can tell that I'm starting to become overly anxious or depressed include:

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Things I can do to reduce risk to myself include:

- Safe/no use of alcohol or drugs
- Limiting/eliminating access to means
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Things I've found helpful in the past include:

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Additional things I can do to self-soothe on my own include:

- Phone meditation apps like CALM
- Self-guided visualizations, journaling, letter writing, exercise, muscle relaxation, etc.
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People or resources I will reach-out to if needed include:

- Calling **911**
- Calling the Crisis Hotline at **1-855-278-4204** or **1-800-784-2433**
- Calling Emergency Psychiatric Services (EPS) at **1-408-885-6100**
- Calling the following people from my support system:

1. _____ at _____
2. _____ at _____
3. _____ at _____
4. David Michalicek (therapist) at _____ (see # below*) _____
5. _____
6. _____

* Will respond as soon as possible (not 24/7 availability; within 24 hours)