

Crisis Box

This box should be personalized for YOU– What actually works? What brings you comfort? What helps you to ground yourself? What distracts you? You want this box to contain all of the tools, skills and items to help you in a moment of crisis–it needs to be realistic to you.

- safety plan
- before you give up questions
- list of hotline numbers
- letter of hope– written letter to yourself to read in times of a crisis
- letters from people you love/ positive people in your life
- pictures/ symbols/ reminders/ lists of reasons why you should live
- important memorabilia that makes you smile or happy
- coping cards/ therapeutic worksheets
 - list of questions to help challenge distorted thinking
 - positive ands and buts
 - decatastrophizing worksheets
- 54321/ grounding items
 - something to change your temperature (instant ice packs/ hand warmers)
 - something you can taste (favorite candy/ red hots/ listerine strips/ warheads/ gum)
 - something you can feel (something fuzzy/ something comforting/ rubber bands to snap)
 - something you can smell (Vicks/ essential oils/ comforting or potent scents)
 - ear plugs
 - list of favorite songs/ playlist/ motivational podcasts
- distractions
 - puzzles
 - journal/ journal prompts
 - adult coloring books
 - fidgets
 - playdoh
 - scattegory cards/ madlibs

If you have utilized all of the tools in your box and you do not feel calmer or feel like you can keep your self safe CALL 911, CALL 988 AND OR GO TO THE NEAREST HOSPITAL



You deserve to live! You are worthy of living! It WILL get better!

Don't make a permanent decision from these temporary feelings.

*Kaleidoscope Counseling*