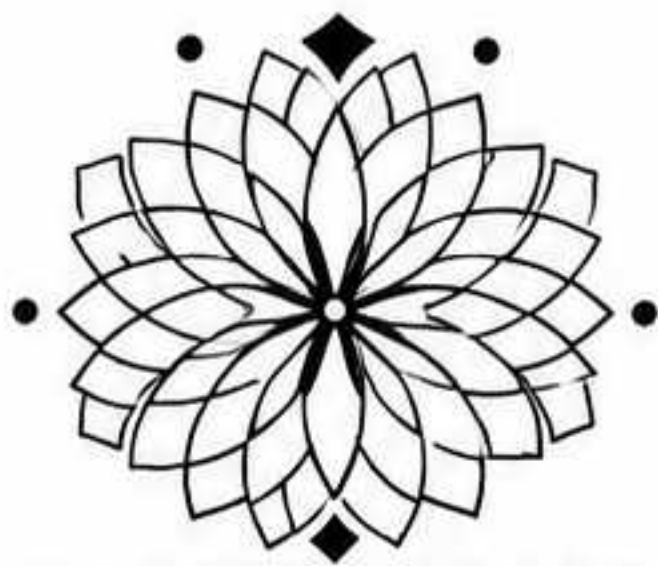




KALEIDOSCOPE
COUNSELING

EMERGENCY

Self-Care Plan



This plan is for times when you feel overwhelmed,
anxious, or in crisis. You matter. You are not alone.

This is your plan. Use it. You deserve support and care.

1

WARNING SIGNS

Things that tell me I'm starting
to feel overwhelmed or in crisis:



- _____
- _____
- _____
- _____
- _____

2

HOW I'M FEELING

I am feeling:



Overwhelmed



Anxious



Angry



Sad



Numb

Other feelings: _____

MY SELF-CARE TOOLBOX

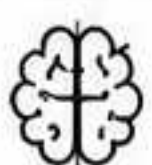
Things I can do right now to help myself feel better.



Calm My Body

Ways to relax my body:

- _____
- _____
- _____
- _____



Calm My Mind

Ways to quiet my mind:

- _____
- _____
- _____
- _____



Things that bring me
comfort:

- _____
- _____
- _____
- _____



Distract Me

Healthy distractions
that help me:

- _____
- _____
- _____
- _____



Uplift Me

Things that boost my
mood or give me hope:

- _____
- _____
- _____
- _____

4

PEOPLE I CAN CONTACT

People I trust and can reach out to:



Name: _____

Phone/Contact: _____



Name: _____

Phone/Contact: _____



Name: _____

Phone/Contact: _____

5

PROFESSIONAL SUPPORT

Professionals or crisis resources I can contact:

Therapist/Counselor: _____

Phone: _____

Doctor/Other: _____

Phone: _____



Crisis Lifeline: **988**

Crisis Text Line: Text HOME to 741741

National Alliance on Mental Illness (NAMI) HelpLine: 1-800-950-NAMI (6264)

6

SAFETY PLAN

Things I can do to keep myself safe:

- _____
- _____
- _____
- _____

If I am in immediate danger, I will:

CALL 911



7

REMINDERS FOR HARD TIMES

Things I want to remember:



- _____
- _____
- _____
- _____
- _____



I am doing my best, and that is enough.

This feeling will pass. I am stronger than I think.

I am worthy of care, love, and support.



www.kaleidoscopecounselingok.com