My Safety Plan

Step 1: Warning Signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

1.

2.

3.

Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

1.

2.

3.

4.

5.

Step 3: People/social settings that provide distraction:

1.

2.

3.

4.

Step 4: People whom I can ask for help:

1.

2.

3.

Step 5: Professionals or agencies I will contact during a crisis (please include at least one in your current physical area, and see back page for possible options):

1.

2.

3.

Step 6: Making the environment safe:

1.

2.

**The one thing that is most important to me and worth living for is:**

**FINDING CRISIS RESOURCES IN YOUR NORTH CAROLINA AREA:** crisissolutionsnc.org

RESOURCES IN THE BOONE AREA:

|  |  |  |
| --- | --- | --- |
| **AGENCY** | **PHONE #** | **HOURS** |
| ASU Counseling & Psychological Services Daytime emergencies via phone | (828) 262-3180 | Mon-Fri, 8AM – 5PM |
| ASU Counseling Center – After Hours Counselor On-Call | (828) 262-3180 | Mon-Fri, 5PM-9AM & Weekends |
| Daymark Mobile Crisis | (828) 264-4357 | 24/7 |
| Watauga Medical Center | (828) 262-4100 | 24/7 |
| National Suicide Prevention Lifeline | 1(800) 273-TALK (*8255*) | 24/7 |
| OASIS (sexual assault and interpersonal  violence survivors: [www.oasisinc.org](http://www.oasisinc.org/) | crisis: (828) 262-5035  Office: (828) 264-1532 | 24/7 crisis  Mon-Fri, 8 AM-5PM office |

*\*You can always call 911 to ask for help. Tell the operator that you are in crisis.*

NATIONAL HOTLINES & OTHER RESOURCES:

|  |  |  |  |
| --- | --- | --- | --- |
| **POPULATION**  **SERVED** | **AGENCY** | **WEBSITE** | **PHONE #** |
| Youth, disaster survivors, Native Americans, loss survivors, LGBTQ+, attempt survivors,  Deaf/hard of hearing, & Spanish-speaking | National Suicide Prevention Lifeline | suicidepreventionlifeline.org | 24/7: 1(800) 273-TALK  (*8255*) |
| Survivors of domestic & sexual violence | RAINN (Rape Abuse and Incest National Network) | [www.rainn.org](http://www.rainn.org/) | 24/7 hotline: (800) 656-  4673 |
| Trans/gender  identity concerns | Trans Lifeline | [www.translifeline.org](http://www.translifeline.org/) | (877) 565-8860 |
| LGBTQ+ Youth | The Trevor Project | [www.thetrevorproject.org](http://www.thetrevorproject.org/)  *(Features services via online chat)* | 1(800) 488-7386  *Text:*  *Text “Trevor” to 1(202) 304-1200 Mon-Fri, 3PM-10PM* |
| Veterans | Veterans Crisis Line | [www.veteranscrisisline.net](http://www.veteranscrisisline.net/) | 1-800-273-8255  *(Press “1”)*  *Text:* 838255  *Hard of hearing TTY:*  (800) 799-4889 |