

COPING PLAN

What is the situation that I need to manage?

What emotions am I feeling?

What is my goal (ex. to manage anxiety, to stay safe, etc.)?

Triggers (ex. event, feeling, etc.):	Coping Strategies (ex. deep breathing, exercise):
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Who can I call?

1.	2.	3. National Suicide Prevention Lifeline: 1-800-273-8255
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If you feel unsafe or there is an emergency, please call 911 or go to your nearest emergency room.