

## Crisis safety plan

Read when in a crisis or when you feel like a crisis is coming!

Step 1: breathe in... breathe out....

Step 2:

Three things I can see \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_

Three thing I can hear \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_

Three things I can taste \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_

Step 3

What do you feel?

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Step 4

Remember to keep breathing in... and out...

Step 5

Close your eyes and imagine a paradise, what is the perfect place for you? Your safe space, listen to the birds and the waterfalls, feel the grass on your toes and keep breathing slowly....

Step 6

Contact someone

NAME AND PHONE NUMBER \_\_\_\_\_ , \_\_\_\_\_

Or call :

988 or 1-800-981-0023 Puerto Rico and USA