

# My Personal Crisis Plan

I know I'm triggered when I notice:

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Some good ways to distract myself are:

Some safe people I can reach out to are:

1. 

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2. 

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3. 

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Things that help me when I feel this way are:

Ways to keep myself and my space safe:

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Other resources I can use to get myself care:

1. 

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2. 

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3. Text "HOME" to 471471 

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