

Distress Plan

1. Activities (including apps or websites) that comfort me, calm me, and/or distract me that I can try.
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
 6. Sing
 7. Watch Animal Planet or another nature show
 8. Brush hair 100 times
 9. Play Soduko or another game of strategy and logic like Minesweeper or Solitaire (or a video game)
 10. Watch You Tube
 11. Listen to music
 12. Take a walk
 13. Take a hot bath
 14. Take a nap.
 15. Write a list of things to be grateful for such as nature's beauty, a good friend, a pet, a skill.
2. Positive things in my life – things that make me smile – to remember like memories, jokes, people.n
3. What would I say to my best friend/spouse/significant other/close friend if they were feeling this way?

OVER TO OTHER SIDE

Distress Plan

4. People I can call.

Name

Number

<u>Name</u>	<u>Number</u>

5. Call crisis hotlines:

1. Colorado Crisis Hotline 844-493-8255
2. Pike's Peak Mental Health 719-635-7000
3. Peak View 719-444-8484
4. National Crisis Hotlines 1-800-784-2433

6. Access crisis chat sources at:

coloradocrisisservices.org
www.imalive.org
suicidepreventionlifeline.org

7. Call my therapist 719-600-8468

9. Walk in to crisis center:

AspenPointe Crisis Walk-in
115 South Parkside Drive or 6071 E. Woodmen Rd., suite 135

10. Call 911

11. Go to nearest emergency room.

I agree to follow these steps if I feel intensely distressed or am in crisis.

Signature	Date

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