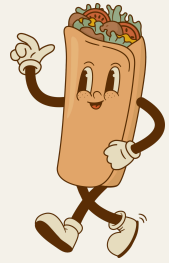


WE ARE
open
all day, everyday

STAY ALIVE SAFETY

MENU

YOU ARE
not alone
Stay with us.



made by: this.is.unreal | @this.is.unreal

TAKE CARE OF YOUR BODY:

Have you eaten or drank?

Get a glass of water and snack – crackers, popcorn, an energy bar, a piece of fruit, a handful of veggies. Whatever you will actually eat and is soothing.

Breath Work

Such as box breathing, bubble breathing, breathing in for a count of 5 and out slowly for a count of five.

Cold Reset

Grab an ice pack or something cold and hold it to your body. Splash cold water on your face. Hold an ice cube.

Change Positions

Stand up or sit down; stretch; change rooms; go outside; take a walk; pace through your house; sit on the floor.

ENGAGE YOUR SENSE

Smell Something

A candle; a favorite flower; an essential oil; food; the scent of the outdoors; anything you can think of.

Dark Therapy Sensory Deprivation

Go to a quiet, dark place like a closet or bedroom with the curtains drawn. Rock, lay down, sit.

Grab a Blanket

If you like a weighted blanket, now is the time. Otherwise find something comforting that makes you feel safe.

Try 5-4-3-2-1

Name 5 things you can see; 4 things you can hear; 3 things you can feel; 2 things you can smell; 1 thing you can taste.

HELPLINES

Crisis Text Line Available 24/7 text: 741741

Wildflower Alliance 1-888-407-4515
Available: 7-9 ET; 6-8 CT; 4-6 PT

Nami 10-8 ET; 9-7 CT; 7-5 PT text: 62640
1-800-950-NAMI

988 24/7 simply dial or text 988.
Consider avoiding talk about immediate action to avoid small chance of EMS reporting.
Dial or Text "988"
call text chat

ASKING FOR HELP

How to Ask

Try: I don't know what I need, but can you stay with me while I figure it out; This is really hard to say, but I need help right now; I'm scared and don't want to do this alone.

Phone a Friend

Choose: Ask them just to listen; Ask for distractions; Ask what they do in this situation; Ask for help making decisions; Have them orient you; Rant together. Know they are there.

Ask Someone to Just Talk

You do not have to explain everything, just ask the person you call to talk to you about anything – their day; a movie they saw; what they are going to cook for dinner.

Be Blunt

Say: I don't want the person I am when I am suicidal to choose whether I live or die; My only job right now is to stay alive; I can do hard things; I do not have to do this alone.

Plan for the Next Hour

If possible, ask a friend or crisis support person to help you come up with a short-term min-safety plan - what to do in the next hour or for the rest of the day.

Practical Help

Can you help me figure out: what tools to use right now; what to eat or drink; how to use my safety plan; **Can you:** check in on me later; remind me to take my meds (safely).

Ask Someone to Distract

Ask them to: watch a show together, even from the phone; video call; send memes and videos; share fun facts about hyperfocus hobbies; tell bad jokes; share awkward stories.

Go to a Meeting

Goal: See people however possible; Narcotics Anonymous welcomes everyone, regardless of type of struggle meetings 24/7; Suicide Anonymous: once per day; NAMI: many a day (website: scroll down; select state bottom left).

GENTLE DISTRACTIONS

TikTok

Comfort TV Show

Coloring

Doodling

Music

Phone Game

CallBlackLine 24/7 call: 1-800-604-5841 | Trans Lifeline 1-7pm ET call: 1-877-565-8860
StrongHearts Native Helpline 24/7 call or text: 1-844-762-8483 |
The Trevor Project LGBTQ+ 24/7 call: 1-866-488-7386; text **START** to 678-678; chat: on website
National Maternal Mental Health Hotline: 24/7 call or text: 1-833-TLC-MAMA