

My emergency toolkit

1. Who can I talk to about my thoughts?

2. List of people and/or organizations I can contact when I'm feeling very bad:

My GP's phone number _____

3. Things to look out for and avoid because they seem to make my mood and thoughts much worse (triggers):

Am I Depressed and What Can I Do About It?

4. List of things that will help to distract me when I'm feeling very bad:

5. My helpful strategies for dealing with self-harming or risky behaviours:
