What can give my life meaning?
(e.g. people, places, activities, values, dreams)

_____________________________________
_____________________________________
_____________________________________
_____________________________________
_____________________________________
_____________________________________
_____________________________________
_____________________________________

Who can I call for distraction?

__________  ________
__________  ________

Who do I trust to share my distress and ask for help?

__________  ________
__________  ________
__________  ________
__________  ________

Who can I contact in my expert support system?
(e.g. family doctor, therapist, psychiatrist)

__________  ________
__________  ________
__________  ________

Other Crisis Resources:

_____________________________________
_____________________________________
_____________________________________

Fully affiliated with the University of Toronto
What are my warning signs?
(e.g. sad thoughts or feelings; behaviour – social withdrawal; physical symptoms – sleep problems)

What skills can I learn to lower my distress?
(e.g. breathing exercises, progressive muscle relaxation, meditation, create hope kit, visit: sunnybrook.ca/mentalhealthresources)

How can I distract myself?
(e.g. listen to music, watch TV/movie, play with a pet, exercise, journaling)

Remember to check your environment and make sure it is safe. Stay away from objects or people that could put you at risk. For example if you have an alcohol problem, avoid having it in your home.