



# Crisis Support & Coping Resources

YOU ARE NOT ALONE. HELP IS HERE. ♥

This resource guide is here to support you in moments of crisis, overwhelm, or emotional distress. Save or print this page so you have it when you need it most.

## NATIONAL CRISIS HOTLINES

988

### 988 Suicide & Crisis Lifeline

Call or text 988  
Chat: 988lifeline.org



### Crisis Text Line

Text HOME to 741741  
24/7 support via text



### NAMI HelpLine

1-800-950-6264  
Information & support



### The Trevor Project

1-866-488-7386  
Text START to 678-678  
LGBTQ+ support 24/7



### National Domestic Violence Hotline

1-800-799-7233  
Chat: thehotline.org



If you are in immediate danger, call 911 or go to your nearest emergency room.

## COPING STRATEGIES

*for the moment*



### GROUND YOURSELF

Try the 5-4-3-2-1 technique:  
5 things you see, 4 you can touch, 3 you hear,  
2 you smell, 1 you taste.



### BREATHE

Practice slow, deep breathing.  
Inhale for 4, hold for 4, exhale for 6.  
Repeat as needed.



### NOTICE & NAME

Name what you're feeling without judgment.  
"Right now, I am feeling... and that's okay."



### TIP YOUR SENSES (DBT)

Use cold water, splash your face, hold ice,  
or go for a walk to shift intense emotion.



### SELF-SOOTHE

Do something that comforts you:  
music, a warm drink, a blanket,  
or a favorite show.



*You don't have to fix everything right now.  
Small steps can help you feel a little more steady.*

## SAFETY TIPS

*for tough moments*

- ✓ **Reach out.** Talk to someone you trust or use one of the resources listed above.
- ✓ **Remove or limit access** to anything that could cause harm.
- ✓ **Create a safe space.** Find a calm, quiet place where you can breathe and be.
- ✓ **Use your plan.** Review your coping skills, support system, or safety plan if you have one.
- ✓ **Keep going.** The moment will pass. You matter, and this feeling is not forever.

## MINDFULNESS REMINDER ♥

*You are allowed to take up space.  
Your feelings are valid.  
You deserve support and care.  
One breath. One moment. You've got this.*



**YOU MATTER. YOU ARE WORTH SUPPORT.**

Save this resource. Share it. Come back to it anytime you need support.

*A Sip of Therapy*  
ChatGPT