

crisis plan when needed.

5. Use in conjunction with other aspects of your
4. Repeat until you feel more comfortable.
3. Breathe out through your nose for a count of 4.
2. Hold for a count of 4.
1. Breathe in slowly through your nose for a count of 4.

When stressed or anxious, breathing exercises can help you calm down and regain a sense of control. Here is a simple breathing exercise to try:

Simple Breathing Exercise

24 Hour Helpline: 1-800-273-TALK

Emergency Contacts—Names and Numbers

Whether or not you have experienced a crisis before, it can help to take steps to develop an action plan. Your plan will help others know how to best support and work with you in a crisis.

Hold on to **HOPE**

Get **HELP** right away

Seek peer **SUPPORT**
and give it freely



Depression and Bipolar Support Alliance

DBSAAlliance.org

My warning signs are:

My triggers are:

Things that I can do to help myself when I start to feel triggered:

I know I need to get help when:

If I am in crisis, others can help me by:

What doesn't help:

I prefer to receive treatment at the following facility:

I prefer to receive these treatments/medications:

I prefer NOT to receive these treatments/medications:

Medications I currently take:

My health and medical concerns:

This information is current as of: _____