

\_\_\_\_\_ **'s Coping Plan**

(a prioritized list of strategies and supports that students can use when experiencing symptoms of anxiety)

**Warning Signs that I'm stressed:** (physical signs, thoughts, images, situations, moods or behaviors)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Internal Coping Strategies:** What can you do on your own, when you feel stressed or your mood shifts? (relaxation techniques, distractions, etc.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**People or places that provide distraction from stressors:** Who / what places help you take your mind off your problems at least for a little while?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**People whom you can ask for help from:** Who can you contact that will help you in a time of need? (must be above the age of 21 years old)

- Name: \_\_\_\_\_ Contact Numbers: \_\_\_\_\_
- Name: \_\_\_\_\_ Contact Numbers: \_\_\_\_\_
- Name: \_\_\_\_\_ Contact Numbers: \_\_\_\_\_

**Professionals/Agencies to contact for help.**

**Out-patient Provider:** \_\_\_\_\_

**Emergency Services:** 911

**Crisis Hotline:** NCH PEEC 614-722-1800

**Crisis Hotline:** Hopeline/Lifeline 1-800-784-2433

**Crisis Text Line:** Text "HOME" to 741-741

List two things that are very important to you and worth living for:

1. \_\_\_\_\_
2. \_\_\_\_\_