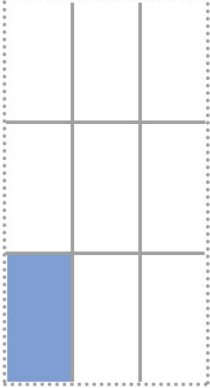
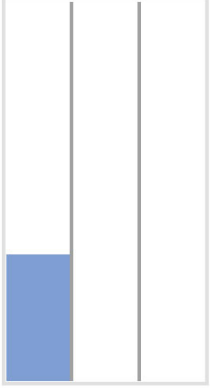


Instructions:

- 1. Cut along the dotted lines
- 2. Fold into thirds with the horizontal unbroken lines
- 3. Fold into thirds again with the two vertical unbroken lines



1



2

3





Crisis Coping Kit

If you are in crisis or are having difficulty coping with your emotions please call Lifeline on 13 11 14 or access Lifeline’s Online Crisis Support Chat 8pm - Midnight AEST/AEDT

If life is in danger call 000



Extreme

Seek immediate help, call **000** or Lifeline on **13 11 14**



Low

Use your Coping Kit and your identified supports and help activities



Crisis Over

It may be helpful to revise & if necessary update your Coping Kit. Continue using supports & helpful activities if required

How do I know I’m getting into a crisis situation?

Helpful Activities:

How I keep myself safe:

How do I ask for help:

What else can I try?

Contacts

Name	Phone	Type

How do I know I’m getting into a crisis situation?