

CRISIS & SUPPORT LINES

You Are Not Alone

EMERGENCY / IMMEDIATE DANGER:

US/CAN: 911 | EU/UK: 112 / 999

Local Emergency: _____

24/7 CRISIS HOTLINES:

Suicide & Crisis Lifeline: Call/Text 988 (US/CA)

Crisis Text Line: Text HOME to 741741

SAMHSA Helpline: 1-800-662-4357

MY LOCAL CRISIS / HELPLINE:

Number: _____

Text/Chat: _____

RECOVERY STORIES • KEEP IN WALLET OR PHONE CASE

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MY PERSONAL SUPPORT NETWORK

Reach Out
Today

"If you are having a tough day, pull out this card and contact someone on this list. You don't have to carry this alone."

1. TRUSTED FRIEND / SUPPORTER:

2. SPONSOR / RECOVERY COACH:

3. THERAPIST / COUNSELOR:

4. FAMILY MEMBER / LOVED ONE:

5. SAFE CONTACT / PEER SUPPORT:

RECOVERY STORIES • PERSONAL SAFETY PLAN

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