

If You Are:

REMEMBER

Try This:

Nervous, Confused, Anxious,
Can't Sleep

Small Problem



- Self Care
- Change Environment
- Make Notes to Discuss With Therapist
- Essexcountyny.crediblemind.com

Frustrated, Worried, Angry,
Depressed, Can't Sleep

Medium Problem



- Talk to Friends/Family/Care Manager
- Hobbies, Walk, Read, Draw
- Call HOPELINE
- Use Safety/Wellness Plan
- Essexcountyny.crediblemind.com

Safe But Need Help
Can't Wait For Next Appointment
School Refusal

Significant Problem



- Call HOPELINE
- Call 9-8-8 Suicide and Crisis Lifeline
- Call Essex County Mental Health's Crisis Line
- Call Therapist for a sooner appointment
- Utilize Families First Services

Thinking of Self Harm
Panic Attack

CRISIS



- Call HOPELINE
- Call 9-8-8 Suicide and Crisis Lifeline
- Call Essex County Mental Health's Crisis Line
- Use Safety/Wellness Plan

Having Suicidal Thoughts
Self Harming

AT RISK



- Call HOPELINE
- Call 9-8-8 Suicide and Crisis Lifeline
- Call Essex County Mental Health's Crisis Line

Risk Of Harm To Self or Others
Having Suicidal Intentions/Planning/Attempt

EMERGENCY



Call 9-1-1
Go To The Nearest
Emergency Room

IMPORTANT CONTACTS

Friends: _____

 Family: _____

 Care Manager: _____

 Supports: _____

Essex County Mental Health
(518) 873-3670

Mental Health Association
(518)962-2077

Families First: (518)873-9544

Essexcountyny.crediblemind.com

CRISIS NUMBERS 

Mental Health Association's
HOPELINE 1-800-440-8074

Essex County Mental Health **CRISIS LINE**
1-888-854-3773

988 SUICIDE & CRISIS LIFELINE  or call 9-1-1

My Wellness Plan

Name: _____

Date: _____

Things I need to do everyday to stay well:

- 1 _____
- 2 _____
- 3 _____

Things that lead me to feeling worse:

- 1 _____
- 2 _____
- 3 _____

Signs that I am starting to feel worse:

- 1 _____
- 2 _____
- 3 _____

Before a crisis occurs, I will try to use the following ways of coping:

- 1 _____
- 2 _____
- 3 _____

Take my medicine: _____

Contact my Therapist and/or Psychiatrist

Therapist: _____ Phone: _____

Psychiatrist: _____ Phone: _____

Call people who will listen:



Mental Health Association's
HOPELINE 1-800-440-8074

Essex County Mental Health CRISIS LINE
1-888-854-3773

Supports: _____

Supports: _____

Explore



Essexcountyny.crediblemind.com