General Crisis Support Plan

1. Grounding
2. STOPP
3. Diaphragmatic Breathing
4. TIPP
5. EFT
6. Progressive Muscle Relaxation
7. Stretching
8. Mindfulness
9. General mood maintenance skills:
    - Call Friends/Family
    - Journaling
    - Eat food, drink water
    - Walk Outside
    - Exercise
    - Take medication as prescribed
    - Say Safety Statement: **“My name is xxxx. What I am feeling will pass. I am safe.”**
    - Call Support Hotlines:
        - ➢ Self Harm Text Hotline: Text Connect 741741
        - ➢ Self Harm Hotline: 1-800-366-8288
        - ➢ DC Mobile Crisis Team: 202-673-9300
        - ➢ Psychiatric Emergency Service (24 hrs): 202-561-7000
        - ➢ National Sexual Assault Hotline 1-800-656-4673