

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