

Emergency Plan

In times of crisis, it's essential to have a clear plan to protect your mind, body, and spirit.

Steps to Follow:

1. Pause – Take a deep breath to center yourself before reacting.
2. Pray – Ask God for peace and guidance in the moment.
3. Call for Support – Reach out to a trusted friend, counselor, or spiritual leader.
4. Use Grounding Tools – Deep breathing, naming objects around you, or journaling.
5. Crisis Hotlines – Call 1-800-656-HOPE (4673) or dial 988 for mental health emergencies.

Remember: You are not alone. This plan is your lifeline when emotions feel overwhelming.