

Step 1: Know When to get help.

What are the warning signs that you are beginning to struggle with your problem? These can include thoughts, feelings, or behaviors.

Step 2: Coping Skills.

What can you do, by yourself, to take your mind off your problem?

Step 3: Social Support.

If you are unable to deal with your distressed mood alone, contact trusted family members and friends. List several people in case your first choices are not available.

Name of Support	Contact Information

Step 4:**Seek Help from Professionals.**

If your problem persists or if you have suicidal thoughts contact a professional

Crisis line for Santa Clara County	855-278-4204 or TEXT RENEW to 741741
Speak with a crisis counselor	TEXT: HOME to 741741
National Hotline	1-800-272-8255
Suicide Prevention Lifeline	1-800-273-8255
National Teen Dating Abuse Line	1-866-331-9474
CA HOPE support with coping skills	833-317-4673
LGBTQ Crisis Support	TEXT: START 678678
Free confidential resource line to find services	CALL 211