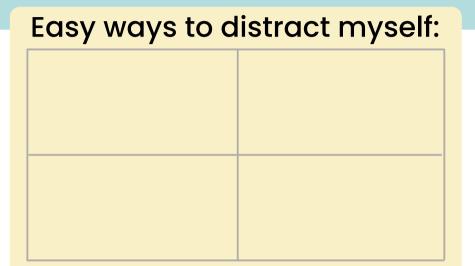
Mental Health Plan

I know I'm triggered when I notice:



SAFE people I can reach out to:

- 1
- 2
- 3

Ways to keep myself & my space safe:

Coping Skills

I can use:

OTHER RESOURCES I CAN USE TO GET MYSELF CARE

helpful booklets, videos, worksheets, programs:

<u>youth.ellington-</u> <u>ct.gov/eys-media-library</u> crisis text line: text HOME to 741741

help with referral process: kcondron@ellington-ct.gov

Ellington Youth Services: (860) 870-3130

local support services:

youth.ellingtonct.gov/counseling-supportservices