Care Card

Have the person for whom this is intended, write on a small card for pocket or purse:

These are to be done in order so that the person has time to work through the thoughts.

1. If I have suicidal thoughts, I can (fill in three-four spaces with activities)
   a. Possible activities include physical stress relievers, such as walking, working out, yoga (list two or three if possible)
   b. Quiet, calming activities (list two or three) such as take a bubble bath, write in my journal, pet my dog
   c. Concentration activities such as watch a funny show, read a novel, write a grocery list

2. Five things to live for:

3. Three things that I am grateful for:

4. Four friends or family members I can call (these must be vetted, but list names and phone numbers).
   a. ____________________________
   b. ____________________________
   c. ____________________________
   d. ____________________________

5. If the above fail, I will call 800-273-8255.

6. If I feel that I am in danger of hurting myself, I will call 911 to be taken to the emergency room.