

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.