

People I know I can talk to:

Have youth write down three people they know they can reach out to if they ever need help. These people should be readily available. Have them write down their phone numbers and then make sure they are in their phones.

Resources:

Reminder of some of the resources available in our community.

- Johnson County Mental Health Center Crisis Line – 913-268-0156
- National Suicide Prevention Lifeline – 1-800-273-8255
- National Crisis Text Line – 741741

My self-care:

Have youth write down different ways they take care of their mental health. Some ideas include: listening to music, going for a walk, playing with a pet, calling a friend. Identifying those healthy coping skills when we are mentally well will help us when we are not doing as well.

Time for myself:

Have youth write down ways in which they know they need to take some time for themselves. Some ideas include: being more agitated, feeling stressed, feeling tired, not eating or sleeping, etc. Being able to identify those behaviors in a time when they are mentally well can help youth identify early on if they need to do some self-care.