

TAKING CARE OF ME

PEOPLE I KNOW I CAN TALK TO:

RESOURCES:

- 913-268-0156** **Johnson County Mental Health Center 24/7 Crisis Line**
For those in crisis as well as those who are helping others in crisis.
- 1-800-273-8255** **National Suicide Prevention Lifeline**
- 741741** **National Suicide Prevention Crisis Text Line**

MY SELF CARE:

Self care is the practice of taking action to preserve or improve one's own health. List ways in which you take care of yourself.

TIME FOR MYSELF:

How do you know when you need time for yourself?
