

Start your Be Well Plan.

Just like we prepare for physical emergencies—knowing which hospital to go to or where to take shelter during a natural disaster—we also need a plan for mental health crisis. A Be Well Plan helps you know what to do when you, or someone close to you, is in a mental health crisis. Take a few minutes to create your plan so you're ready to respond with clarity and compassion when it's needed most.

How do I know I am in crisis?

What can I do to care for myself?

How do I want to be supported?

Personal supports

Who are the people, communities or organizations I can go to in an emergency?

24-HOUR CRISIS LINE

Call, chat or text 24/7 for immediate access to crisis support.
988 Suicide & Crisis Lifeline

ADDITIONAL SUPPORT

NAMI Helpline: 800-950-6264 | Mon–Fri, 10:00 a.m. to 10:00 p.m.
The Trevor Project: chat — chat.trvr.org
call 24/7 — 1 (866) 488-7386; text — text START to 678678
Mental Health America: MHAnational.org/suicide-prevention

TRY THIS

5 Senses Grounding
NOTICE THE FOLLOWING:

- 5** things you can see
- 4** things you can feel
- 3** things you can hear
- 2** things you can smell
- 1** thing you can taste



Brain Health Besties

A Podcast
with be well



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