

My emergency plan

Fill this in when you're feeling calm, and keep it somewhere you can reach quickly.

1 My triggers

Which situations or feelings put me at risk?

2 What helps me

What can I do in a difficult situation?

3 Who I can call

Who can I reach when things get difficult?

Name

Phone

4 What distracts me

What helps me take my mind off things?

5 A message to myself

What do you want to tell yourself when things get hard? Remember why you decided to make a change and how far you've already come.

CRISIS NUMBERS (GERMANY)

This plan does not replace treatment or professional help.

If you're looking for professional help, you can find it at the numbers below.

Acute emergency	112
TelefonSeelsorge (free, 24/7)	0800 111 0 111 · 0800 111 0 222 · 116 123
Notfalltelefon Sucht (addiction emergency line)	0180 365 2407
Ärztlicher Bereitschaftsdienst (out-of-hours doctor)	116 117
Helplines in other countries	findahelpline.com