








THE HAMILTON LAB AT RUTGERS

KEEPING MYSELF SAFE

 Warning signs	<input type="text"/>	<input type="text"/>	<input type="text"/>	
 Internal coping	<input type="text"/>	<input type="text"/>	<input type="text"/>	
 Distractions	Person 1 & phone number	<input type="text"/>	Place/activity 1	<input type="text"/>
	Person 2 & phone number	<input type="text"/>	Place/activity 2	<input type="text"/>
 Helpful people	<input type="text"/>	<input type="text"/>	<input type="text"/>	
 Professionals	Clinician 1 & phone number	<input type="text"/>	Clinician 2 & phone number	<input type="text"/>
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
 Making the environment safe	<input type="text"/>	<input type="text"/>	<input type="text"/>	

 Suicide Prevention Lifeline: 1-800-273-8255 (988)
Suicide Prevention Text line: text HOME to 741741

Still feel unsafe or out of control? Call 911 or go to the nearest emergency room

@the_hamilton_lab

QUESTIONS AND SUGGESTIONS

www.TheHamiltonLab.org

1) Warning Signs:

- How do you feel when you start to feel upset?
- Do you notice any physical sensations like muscle tightness or your heart beating really fast?
- What are specific thoughts or behaviors that may come up?

2) Internal Coping:

- When you are not feeling the best, is there something that you can think of that will help change the way you're thinking and feeling?
- Examples may include taking a walk, listening to music, or exercising.

3) Distractions:

- Who are people that you trust, enjoy talking, and who tend to help make you feel better?
- Where is a place you can go, like the park, that can help distract you from how you're feeling and thinking?

4) Helpful People:

- Who would you be comfortable contacting if you feel like you can't keep yourself safe and need help right now?
- Examples may include your family or your therapist.

5) Professionals:

- Can you think of specific mental health providers, or professional resources that can give you tips on how to keep you safe?
- Some example resources are National Suicide Prevention Lifeline (988) or Trevor Project.

6) Environment Safety:

- What things in your space could be dangerous if you are thinking of hurting yourself?
- Consider ways to make your space safer, like asking someone to remove unsafe items from your home.