

# MENTAL HEALTH READINESS PLAN

When you are feeling stressed or anxious, it can be hard to remember what techniques work for you. Creating a plan when you are calm ensures you are ready when mental health challenges arise. Use the prompts below to create your mental health readiness plan.

## Warning Signs In My Body

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## Coping Strategies That Work for Me

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## Supportive People I Can Talk To

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## Things That Bring Me Joy

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## Contact Numbers:

### Local County Crisis Line:

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### University Mental Healthline:

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### Personal Mental Health Provider:

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### Primary Care Provider:

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### Pharmacy:

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### Other:

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If you or a loved one are struggling, free, 24/7 confidential help is available:

Call or Text the **Suicide and Crisis Lifeline at 9-8-8**

**National Crisis Text Line:**  
text **HOME** to **741741**  
**Crisistextline.org**