

# What to do if you or someone else **feels overwhelmed** or **is in crisis**:

- 1** Assess whether you or the other person is in imminent danger. If so, call 911 immediately.
- 2** Slow down and take some deep breaths.
- 3** Reach out to a trusted friend, family member or support person for help.
- 4** Engage in moderate exercise such as taking a short walk or doing a few jumping jacks.
- 5** Use a journal or notebook to write down thoughts and feelings.
- 6** Listen to calming or upbeat music.
- 7** Practice mindfulness, meditation or prayer.
- 8** Use coping skills that have proved helpful during past challenges.
- 9** Reach out for help from the KernBHRS Crisis Hotline or the ACT team.
- 10** Other ideas:  
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# MY Information

My Recovery Specialist is:

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Phone number:

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## Important Contacts

- ▶ **My team**  
Youth Wraparound
- ▶ **Phone numbers**  
661-868-8300 – Monday-Friday; 8 a.m. – 5 p.m.  
661-979-3281 – After 5 p.m. and weekends
- ▶ **KernBHRS 24-hour Crisis Hotline**  
1-800-991-5272

