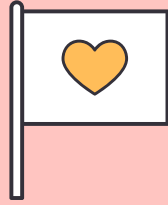


CREATING SAFETY IN A CRISIS



Remember Your Reasons to Keep Going

This might be your goals, values, loved ones, and even pets. Keep them in your mind before you act!



Problem Solve

If facing a problem, can you solve it?
If so, how?

Use your problem solving skills.

<< Start Here
and Work Your Way
Down



Self-Soothe

If you can't solve the problem, try to
make yourself feel better.

Use your grounding and mindfulness
skills.



Accept

If you can't make yourself feel
better, accept the distress without
making things worse.

Use your acceptance skills.

Help is available.
Contact 000 or Lifeline
on 13 11 14 if you are in
crisis.



EMBRACE
WELLNESS HUB

(07) 3906 8888

For other resources visit www.embracewellness.com.au