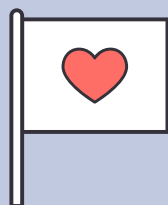


# CREATING SAFETY IN A CRISIS



## 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!

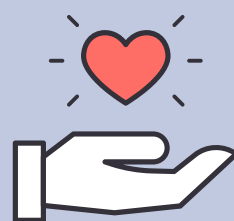


## Problem Solve

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](http://www.embracewellness.com.au)