

CRISIS!

WHAT CRISIS?

Name



Picture

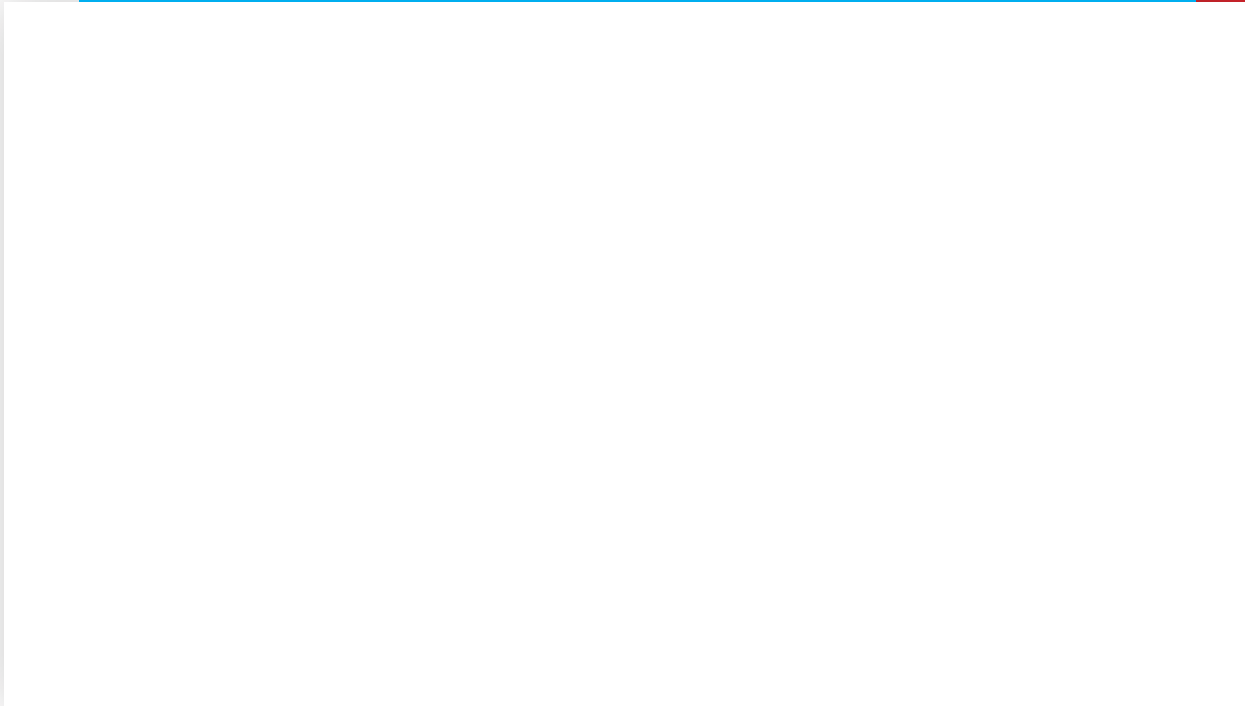
About me. What do I like to do and what makes me happy.



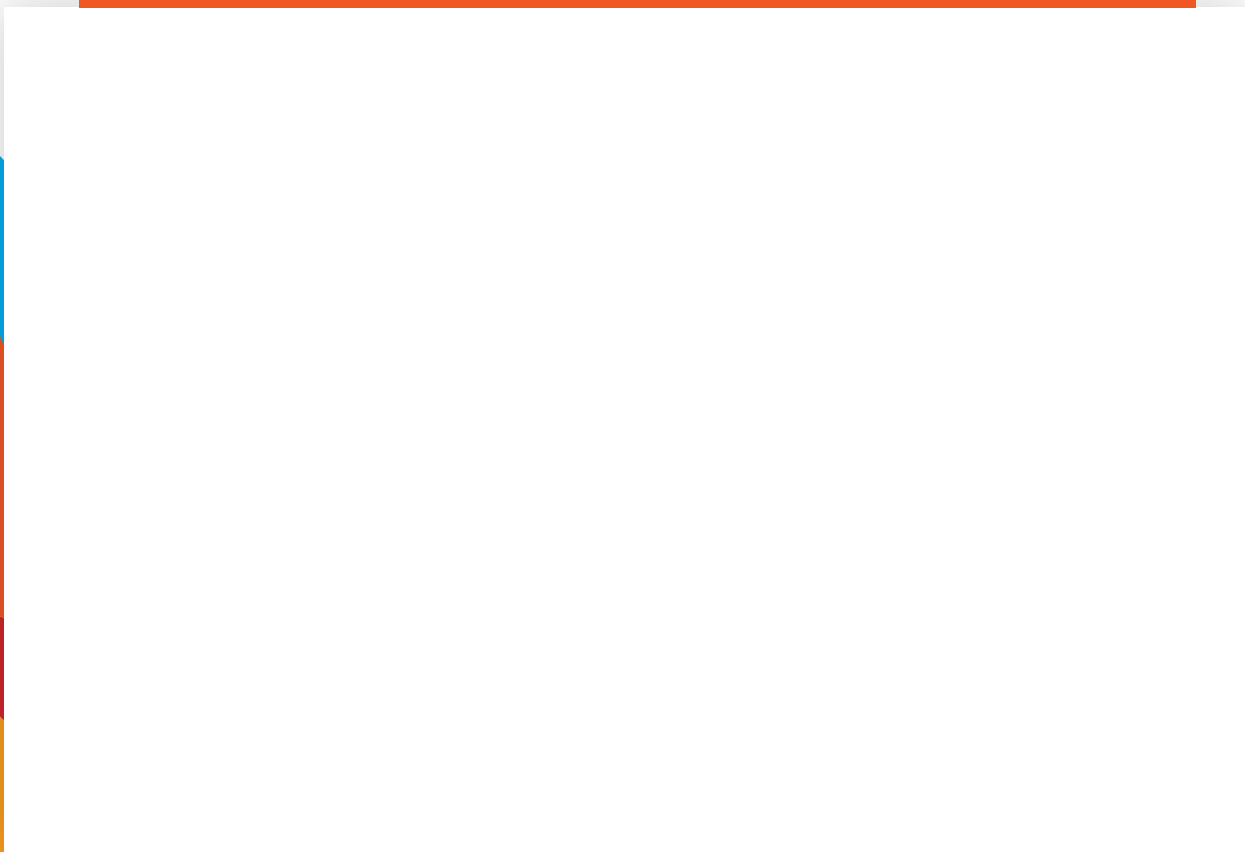
There are signs that I may be in a Crisis:

A large, empty white rectangular box intended for a user to write down signs of crisis.

The types of Crisis I have already experienced
and that are known to upset me are.



How to help me when I am in crisis:





When I am in Crisis please do not:

A large white rectangular area for writing, intended for listing actions to avoid during a crisis.

People I would like you to contact if I need support:

A large white rectangular area for writing, intended for listing names of people to contact for support.



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