



# MY EMERGENCY BOX

When you are feeling overwhelmed, depressed, anxious, maybe even suicidal, you might not be able to think straight. You may be stuck in the unbearable “now” and not be able to think of the past or future. Prepare an “emergency box” that you can take out when you are hit with times like these. Some ideas of what to put in it include...

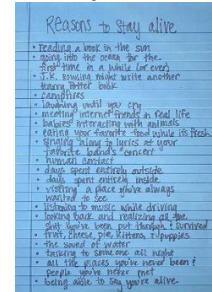
### Bible verses



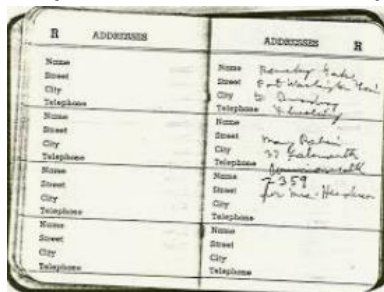
### Cards / letters from friends



### List of reasons to stay alive



### People I can contact and a script



### Aromatherapy / smell



### Weighted Blanket / Hot Water Bottle



### List of Activities



### Photos of people and places



### Positive Affirmations / Reminders



### Journal - "Write in me"

