

Safety Plan

For: Kuilei Wong

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Warning Signs

The thoughts, images, mood, situation, or behavior that tell me a crisis may be developing: fatigued, wants to sleep but can't sleep, intense sadness, feeling alone, behind in school - actually out of school right now, family conflict, irritable, having bad day

Coping Strategies

Things that I can do on my own to help me deal with a crisis. For example: ways to distract myself, things I can do to relax, phrases I can tell myself. listen to music, try to sleep, painting, journaling, look up funny videos online, start a series on Netflix, "I have been here before and made it through it."

Getting support from others

Places I can go or people I can call to distract me, keep me company, help me feel better, or get support. do do things w/ sister - get out of house, Go to my brothers + sister in-laws place, library, go for walk, play volleyball

People to call when in a crisis

The people to call and their phone numbers

Sister-in-law Candace 503-858-
Aunt Lonnie 503-4254-7024
Older sister Allysey 971-317-6127

Professionals or organizations to call in crisis

My Western Clinician(s): Misty Lovgren 503-439-9531 x 303
2120 NW Marzen Rd Hillsboro, OR

Nearest Emergency or Urgent Care:

Sunset Center

Address: 1940 NW Evergreen Hwy

Phone #: 503-813-2000

Western After Hours Crisis Line:

503-727-3764

1-800-923-HELP (4357) or 1-800-273-TALK

1-800-SUICIDE (1-800-784-2433)

National Help Line:

National Suicide Hotline

Oregon "Warm Line"

1-800-698-2392

Other Organizations:

Making the environment safe

O.D. on hydroxyzine; wanted to electrocute self while in the tub, cutting passing thoughts, walking in street - throw self in front of bus.

The one thing that is most important to me and worth living for:

Nephew - IKAIKI