

CRISIS CARDS

when printed and laminated, these cards can fit in wallets/purses and lanyards

When I am distressed I will:

 I will tell myself:

 I will call/speak with:

 I will go to:

When I am distressed I will:

 I will tell myself:

 I will call/speak with:

 I will go to:

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 I will tell myself:

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