

# RED LIGHT SKILLS

**RED LIGHT SKILLS** are safety skills that we use when we are experiencing a crisis.

## What is a CRISIS?

A crisis is when there is a sense of uncertainty about safety (self harm, suicide, harming others, or abuse) and/or not knowing how to respond to a situation.

## How do we RESPOND TO A CRISIS?

**TAKE A BREATH & ASK FOR HELP!**

There are many resources that we can rely on when experiencing a crisis.

Reach out to one of these resources:

## SUICIDE CRISIS AND LIFELINE:

- **CALL/TEXT 988**

\*Open 24 hours a day, seven days a week

## MOBILE CRISIS EMERGENCY SERVICES:

- **CALL 608-784-HELP (4357)**

\*Open 24 hours a day, seven days a week

## REACH OUT TO SOMEONE IN YOUR SUPPORT CIRCLE:

NAME and PHONE NUMBER

Person who can provide a healthy distraction: \_\_\_\_\_

Person who I can ask for help: \_\_\_\_\_

Professional person or organization available to me: \_\_\_\_\_

Ways that I will reach them when I need help and/or am in crisis:

- |                                     |                                |
|-------------------------------------|--------------------------------|
| <input type="checkbox"/> In-Person  | <input type="checkbox"/> Text  |
| <input type="checkbox"/> Phone call | <input type="checkbox"/> Email |
| <input type="checkbox"/> In-Person  | <input type="checkbox"/> Text  |
| <input type="checkbox"/> Phone call | <input type="checkbox"/> Email |
| <input type="checkbox"/> In-Person  | <input type="checkbox"/> Text  |
| <input type="checkbox"/> Phone call | <input type="checkbox"/> Email |

## Signs that require IMMEDIATE ASSISTANCE:

Thoughts or impulses of harming yourself or others

Making plans to harm yourself or others

Feeling out of touch with reality

Other signs that you may be experiencing a crisis:

### THINKING

- Any thought that you do not know how to handle on your own

### SITUATIONS

- You do not feel safe
- Big life stressors (like losing someone close to you or losing your job)

### OTHERS?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### FEELING

- Sudden changes in your mood
- Quicker to anger or frustration
- Feeling like your mood is "out of control"
- More bad days than good days
- Extreme "low" and "high" feelings

### ACTING

- Significant changes in your eating, sleeping, and/or hygiene
- Low motivation for responsibilities (school, work, etc.)
- Withdrawing from relationships and/or normal activities
- Use of substances to numb out