

## SELF-INJURY CARE CARD - ADULT

This care card is intended for adults 18+ years of age.

### Instructions for those assisting someone in need of a card:

The person you are concerned about can write the answers to the questions below on a small card for a pocket or purse, or print out this page (cardstock is recommended) and cut along the dotted line to give him/her the card to fill out.

The steps on this card are to be completed in numerical order so that the person has time to work through his/her thoughts. Practice all steps, including calling to ask for help. If the person is challenged by both suicidality and non-suicidal self-injury, fill out the relevant care card for both. Also, be sure to remove or lock up means that may be used to attempt suicide.

Re: #3b below: One activity proven to help is to have the person text someone three times per day with something he or she is grateful for (or text with three items at the end of each day). They may need reminders. Research shows that listing three things we are grateful for each day for 21 days physically changes the brain and teaches us to scan our days for the positive instead of the negative.

Re: #3d below: List names and phone numbers. These contacts must be vetted. Practice calling with the person.

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### MY CARE CARD

I can help myself to feel better

1. Changes in thoughts, feelings and behaviors I notice when I begin to feel a desire to self-harm:

\_\_\_\_\_  
\_\_\_\_\_

2. If I have self-harming thoughts or behaviors like these, I can do things to feel better. (fill in the spaces with two or three activities)

a. Physical activities as stress relievers such as walk, work out, ride a bike, yoga:

\_\_\_\_\_

b. Quiet, calming activities such as take a warm bath, write out my thoughts, meditate, pet my dog/cat, listen to calming music:

\_\_\_\_\_

c. Concentration activities such as watch a funny show, read a book, cook/bake, play a musical instrument:

\_\_\_\_\_

3. If doing things for myself does not help, I can interact with or reach out to others.

a. Share feelings, thoughts, and triggering events that cause my self-harm urges with a friend or family member.

b. Write down, tell, or text to a friend or family member, something/someone that I am grateful for three times per day.

c. Something I can do to help someone else or a cause I'm passionate about right now: \_\_\_\_\_

\_\_\_\_\_

d. Four friends or family members I can call or text to help me make myself feel better (names and phone numbers):

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5. If I still feel like I am in an emotional crisis after trying these things, I will call 208-398-HELP (4357) for help.