

Action Plan

Healthy Coping Strategies I Can Utilize:

Physical Strategies/Activities: *(Move to another location away from immediate stressor; stretch; walk around campus)*

Behavioral Strategies (including Relaxation): *(distract myself; self-soothe; unplug from the world for 20 minutes; listen to classical music; take a hot or cold shower; watch a comedy if I'm sad)*

Cognitive Strategies: *(encourage, cheerlead self with realistic self-talk; practice gratitude; find or create some purpose/meaning/value in the pain; ask myself "how will my behavior or thoughts help me reach my goal?")*

Other Coping Strategies:

Contact Member of Support System *(family member, friend, roommate):*

Name/Relationship:

#:

Name/Relationship:

#:

Name/Relationship:

#:

Name/Relationship:

#:

Next Steps:

Examples: Sign up for academic coaching. OR Participate in tutoring services.

Counseling Services: 910-814-5709

Office Hours: Monday-Friday 9 am – 5 pm (Lunch 12-1:15 pm)

Location: 233 Leslie Campbell Avenue (beside Memorial Baptist Church/across from Luby Wood Residence Hall)

Emergency Numbers:

Call a Crisis Line: Hours of contact: 24/7

24/7 Crisis Text Line

Text “GO” to: 741741

National Suicide Prevention Lifeline
(www.suicidepreventionlifeline.org)

#: 800-273-TALK/8255

Triangle Springs (after hours mental health emergencies)

#: 919-372-4318

Hopeline (Raleigh) (www.hopelinenc.com)

#: 919-231-4525

Daymark Recovery Services

#: 910-893-5727 (8-5)
Crisis Line #: 866-275-9552

After-Hours Support: Hours of contact: 24/7

Campus Safety

#: 910-893-1375; x1911

Harnett County Mobile Crisis Team

#: 877-626-1772 (Therapeutic Alternatives)