PRINTING INSTRUCTIONS **Cut this strip off after printing.**

1. Print. Use Letter paper (8.5 × 11 in) and print both pages of this PDF. Choose **Actual size** or **100%**. Do not choose Fit or Shrink.

2. Two-sided. Turn on **Print on both sides** and choose **Flip on long edge**. Page 1 is the front, page 2 the back. No duplex? Print page 1, put the sheets back with the top edge in the same place, then print page 2. Test one sheet first.

3. Cut. Cut off this strip on the dashed line. Then cut along the dashed lines to make 4 cards. Cut the front side so the backs line up.

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the project br.

Fill in when you feel okay

My support plan.

A plan written ahead of time is easier to use on a hard day. Keep this card in your wallet, phone case or bag.

Warning signs I notice (thoughts, feelings, situations)

Things I can do on my own (walk, music, shower, breathe)

People and places that help me feel better

People I can call for help

One way I can make my space safer

In danger now? Call 911. In crisis? Call or text 988.

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BACK SIDE **Cut this strip off after printing. Nothing to cut here.**

This strip prints on the back too. That keeps the backs lined up with the fronts.

Backs upside down? Your printer flipped on the short edge. Print again with **Flip on long edge**.

Cut from the front. Use the dashed lines on the front side. Every card has the same front and back.

the project br.

Free. Confidential. Any hour.

If it gets hard, reach out.

911	988	211
Emergency or overdose	Crisis or suicide. Call or text. Spanish: press 2	Shelter, food, rent, bills

Domestic violence	**1-800-799-7233**
Birmingham Crisis Center	**205-323-7777**
Drug and alcohol help	**1-800-662-4357**
Veterans Crisis Line	**988, press 1**
LGBTQ+ youth	**1-866-488-7386**
Crisis Text Line	**text HOME to 741741**
Free legal help (Alabama)	**1-866-456-4995**

Helping someone else?

Ask directly. **Listen** without judging. **Stay** with them if they are in danger. **Connect** them to 988 or someone they trust. **Follow up** the next day.

Scan for help in your county

Local help in all 67 Alabama counties.

thebrproject.org · thebrproject.com

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