



Contacts and Resources

Mobile Crisis Intervention #413-733-6661
Natural Supports

National Suicide Prevention Hotline #1-800-273-TALK (8255)	
Parental Stress Hotline	#1-800-632-8188
Substance Abuse Helpline	#1-800-327-5050
Dept of Children and Families Hotline	#1-800-792-5200
National Domestic Violence Hotline	#1-866-331-9474
Good Samaritan Text Hotline	#1-877-870-4673
Teen Textline	TEXT <u>TEEN</u> to 839863
LGBTQ Trevor Project Hotline	#1-866-488-7386

***If at immediate risk of harm or danger please contact your local police #
Or Dial 911**

Goal of plan

Actions

Developed by:DR RUTHIE NORMAN LICSW LLC

Dr Ruthie Norman

Date Completed ___/___/___ Initial Revision

This plan is for:

___/___/___ ___ ___
Date of Birth First Name Last Name

Parent/Guardian ph: _____ ph: _____