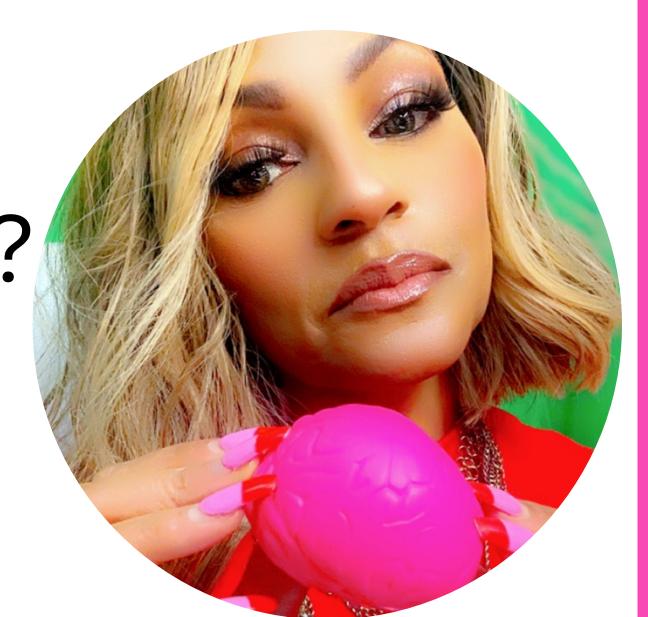
## WAITING for therapy?

## **DO YOU FEEL ANY OF THESE?**

- Considering harming yourself or someone else?
- Being unable to take care of yourself?
- Having a hard time differentiating what's real from what's not?



## IF YES TO ONE OR MORE DIAL <u>988</u> IF NO...PRACTICE THESE:

LIMIT YOUR TIME ALONE

TREAT YOURSELF TO ICE CREAM

JOURNAL YOUR THOUGHTS

TAKE A HOT BATH

GO FOR A **LONG WALK** 

CALL A FRIEND

BRAINSTORM THERAPY GOALS

WATCH A FUNNY **MOVIE** 

COLOR OR **DRAW** 

LISTEN TO MUSIC
AND DANCE

## what questions to ask therapist

- Which therapeutic techniques and modalities do you use most often?
- Do you ever switch modalities mid-treatment if one approach is not working?
- Do you typically work with patients with my symptoms?
- Do you typically diagnose patients or do you prefer not to make diagnoses?
- Do you consider yourself a culturally competent therapist?
- Are you trauma informed?
- What (if anything) forces you to break confidentiality?
- Is psychiatric medication central to your therapy philosophy?
- How do you handle a crisis?
- How long does therapy typically last?