

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 988

IF NO...PRACTICE THESE:

LIMIT YOUR TIME ALONE

TAKE A **HOT BATH**

WATCH A FUNNY
MOVIE

TREAT YOURSELF TO
ICE CREAM

GO FOR A **LONG WALK**

COLOR
OR **DRAW**

JOURNAL YOUR
THOUGHTS

CALL A **FRIEND**

LISTEN TO **MUSIC**
AND **DANCE**

BRAINSTORM **THERAPY GOALS**

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?

THE BRAIN TRUTH