



Name \_\_\_\_\_ Social security number \_\_\_\_\_

## Step 1. Warning signs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Step 2. Internal coping strategies – What can I do to take my mind off my problems without contacting other people:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Step 3. People and social situations that can distract me from my problems:

1. Name \_\_\_\_\_ Tel. \_\_\_\_\_
2. Name \_\_\_\_\_ Tel. \_\_\_\_\_
3. Place \_\_\_\_\_
4. Place \_\_\_\_\_

## Step 4. People I can contact for help:

1. Name \_\_\_\_\_
2. Name \_\_\_\_\_
3. Name \_\_\_\_\_

## Step 5. Professionals and places of care I can contact in a time of crisis:

1. Name of the professional \_\_\_\_\_ Tel. \_\_\_\_\_
2. Name of the professional \_\_\_\_\_ Tel. \_\_\_\_\_
3. Crisis emergency support \_\_\_\_\_ Tel. \_\_\_\_\_
4. National crisis helpline: **09 2525 0113 (in Arabic and English)** on Mon, Tue at 11.00–15.00, Wed at 13.00–16.00 and 17.00–21.00, Thu at 10.00–15.00.  
**09 2525 0112 (in Swedish and English)** on Mon, Wed at 16.00–20.00, Tue, Thu and Fri at 9.00–13.00
5. Name of emergency clinic \_\_\_\_\_  
Address of emergency clinic \_\_\_\_\_  
Telephone to emergency clinic \_\_\_\_\_
6. The general emergency number 112

## Step 6. How can I make my environment safe for myself:

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\_\_\_\_\_  
\_\_\_\_\_

## Step 7. What are my reasons to live:

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\_\_\_\_\_  
\_\_\_\_\_