

Stamping Out Suicide (S.O.S.)

Tips from Our Case Management Team

Create a daily note or chart about:

- How you feel
- If you got to exercise
- If you ate healthy
- Whether you had symptoms of any illnesses
- Any unusual things that happened that day
- Enjoyable moments you had during the day

You can use this information privately or if you want to share with your supporters, it may highlight patterns of things that help you feel better. Also, it's useful in learning whether the medicine you take is helpful, especially when any changes in medication occur and you have to try to remember what life was like before and after these changes.

Keep your important documents organized in a folder, binder, or safe. Examples of documents are:

- Diagnosis information
- Birth certificate
- Social security card
- List of medical providers
- Medication list
- Emergency contact information
- Benefit information

Begin your day with a rejuvenating activity. Examples include:

- Walking
- Dancing to music
- Listening to uplifting music
- Looking at funny memes
- Writing down things you are grateful for or look forward to
- Painting/drawing
- Meditating

**Aim to keep all of your appointments with health care providers.
Make yourself and your health care needs a priority.**



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