



# My Emotional Wellness Plan

For more information on how to build resilient families please visit

[ResilientLehighValley.org](http://ResilientLehighValley.org)

## Ways I can calm myself...

I know I'm upset when...

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I can go..

I can do..

I can reach out to..

Things that make me happy :



### For Resources Call:

Northampton County Peer Line:

1-855-727-3377

Lehigh County Crisis & Intervention Hotline:

610-782-3127

National Alliance on Mental Illness  
(NAMI) HelpLine:

1-800-950-6264 x211

### If in Crisis Call:

1-800-SUICIDE

1-800-273-TALK

1-800-799-4889

(for deaf or hard of hearing)

