



GBS Behavioral Health

Mental Health Preparedness Plan

Know Your Triggers

Identify situations, environments, or events that increase stress or anxiety.

Note early warning signs (e.g., sleep changes, irritability, racing thoughts).

Build Your Coping Toolkit

List 3–5 grounding or calming strategies (e.g., breathing exercises, movement, journaling). Include any Cognitive Behavioral Therapy [CBT] or Dialectical Behavior Therapy [DBT] skills you've practiced.

Create a Support Network

Identify 2–3 trusted people you can reach out to and include contact info for therapists, crisis lines, or peer support groups.

Download or bookmark mental health apps (e.g., Calm, Insight Timer, SafeUT).

Plan for Emergencies

Write down what helps you feel safe and regulated during a crisis.

Prepare a **Mental Health Go-Kit** (e.g., comfort items, emergency contacts).