NEW DAY RECOVERY

Session 8 Companion Handout

If You're in Crisis



Cut along the lines. Keep one in your wallet, one in your phone case, one where you sleep. Give one to a person who cares about you.

Name: _____ **Date:** _____

IF YOU'RE IN CRISIS Call or text 988 — Suicide and Crisis Lifeline, 24 hours Emergency: 911 Tell staff NOW. Do not wait alone. If someone is not breathing right or cannot be woken up, it may be an overdose: call 911 first. If naloxone (Narcan) is nearby and you are trained, use it, and stay until help comes. My name: _____ Call for me: _____	**IF YOU'RE IN CRISIS** Call or text 988 — Suicide and Crisis Lifeline, 24 hours Emergency: 911 Tell staff NOW. Do not wait alone. If someone is not breathing right or cannot be woken up, it may be an overdose: call 911 first. If naloxone (Narcan) is nearby and you are trained, use it, and stay until help comes. My name: _____ Call for me: _____
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