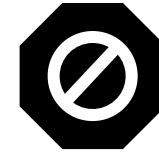


STOP!



(Stop, Take a Step Back, Observe, Proceed Mindfully)
Fill out this Phone Coaching Worksheet!

<p>Where am I and what is going on <i>right now</i>?</p>	
<p>What is my SUD Score?</p>	
<p>What is my main emotion(s)?</p>	
<p>What is my urge?</p>	
<p>What skills have I already tried?</p>	
<p>What is the goal of this phone call? (skill suggestion, skills troubleshooting, avoid urge)</p>	
<p>What can I do if my therapist is not available?</p>	<p>North Delaware Crisis Line 800-652-2929 National Suicide Prevention Lifeline 800-273-8255</p> <p>Trans Lifeline’s Peer Support Hotline 877-565-8860 Crisis Text Line – text “help” to 741-741</p>

