My coping plan

Write this on a calm day and keep it where you can find it on a hard one. If you have a therapist, fill it in together.

Signs that I am starting to struggle:

Things I can do on my own that help:

Places I can go, or people I can be around, that lift me:

People I can call, and their numbers:

If I need help now

Emergency: **911** · If you or your children are not safe right now
Naseeha Helpline: **1-866-627-3342** · Muslim mental health support · 24 hours, 7 days
Nisa Helpline: **1-888-711-6472** · Confidential support for Muslim women · 7 days, 8am–midnight ET
211 Canada: **211** · Find local services anywhere in Canada

Shared for comfort and reflection by women who have been there. Not therapy, counselling or medical advice. In crisis? Call 911, or the Naseeha Helpline at 1-866-627-3342, any hour.