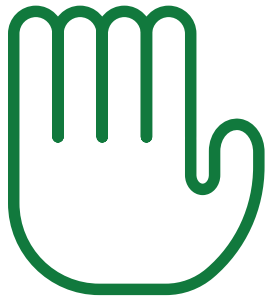
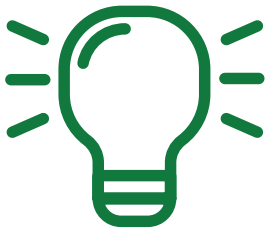


Take your **STEPS** to stay Well Together Now



Stop

Pause. Notice what is happening and name your feelings.



Think

Reflect on what happened to bring up these feelings, including how you play a part in the situation.



Examine

Review the options for responding and the possible results of each response. Decide if you need to ask for help.



Plan

Make a choice and plan next steps.



Start

Move forward with your plan.