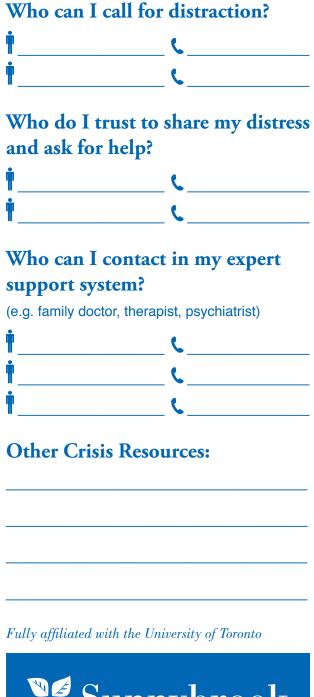
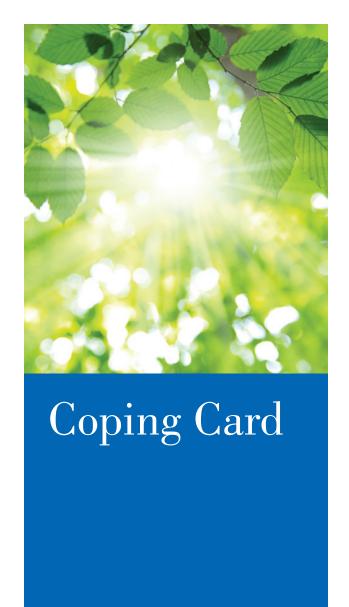
What can give my life meaning?		
(e.g. people, places, activities, values, dreams)		
Bayview Campus		
2075 Bayview Avenue Toronto, Ontario M4N 3M5	MADE WITH	
Tel: 416 480 6100	PATIENT & FAMILY INPUT	







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What are my warning signs?  (e.g. sad thoughts or feelings; behaviour – social		What skills can I learn to lower my distress?
withdrawal; physical symptoms – sleep problems)		(e.g. breathing exercises, progressive muscle relaxation, meditation, create hope kit, visit: sunnybrook.ca/mentalhealthresources)
	How can I distract myself?  (e.g. listen to music, watch TV/movie, play with a pet, exercise, journaling)	
		Remember to check your environment and make sure it is safe. Stay away from objects or people that could put you at risk. For example if you have an alcohol problem, avoid having it in your home.