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GO FOR A
WALK

CALL A FRIEND/
FAMILY MEMBER

TAKE A BATH

PAINT, DRAW, OR
WRITE

WATCH
FAVORITE
MOVIE

SELF HARM
alternatives

EXERCISE

YOGA/
MEDITATE

SCREAM INTO
A PILLOW

LISTEN TO
MUSIC

SUICIDE
HOTLINE
800-273-8255

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SELF CARE — MENTAL HEALTH