

Social and Connection-Based Coping Skills

Text someone you trust



Call a friend or family member



Ask someone to sit with you



Talk to a trusted adult



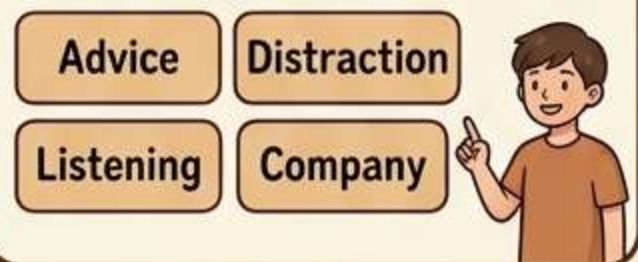
Spend time with a pet



Join someone in an ordinary activity



Ask for a specific kind of support



Write a supportive message to someone else



Spend time in a supportive group)



Reach out to a professional

