

For a printable version of this zine, go to TINY-UNIVERSES.NET

USA - SUICIDE HOTLINE: 800.273.8255

Discuss a Safety Plan while "green" if possible!

Know YR Community + Options. BE SAFE

PLEASE be Mindful that not all cops are trained adequately in MH crises + this may not ALWAYS be SAFEST

Call 911. I may hurt myself or others. Do NOT wait.

RED

or call right away.

I'm in crisis. Please come over

ORANGE

I'm not doing well. I'd like someone to keep an eye on me or check in regularly.

YELLOW

I've been down for a while. I don't exactly know why.

PURPLE

I'm having significant stress, and it may take me time to cope.

INDIGO

I've had a rough day.

BLUE

Everything is okay, I'm maintaining

GREEN

communicating through colors:

a way to help and be helped for folks with mental illness

allies

This color code system was designed to quickly let someone know how you're doing. It can help describe how you're feeling if you're having trouble w/ communication or want to protect your privacy in more public spaces.

It can also help allies with recognizing your needs better.

Feel free to distribute or reproduce this (unstaple, photocopy in color, and reconstruct). Let's make this a THING.

P.S. I did NOT come up with this! A friend shared it on social media and it seemed important to commit to paper. If you know who came up with this idea, shoot me an email so I can credit them:

LU@TINY-UNIVERSES.NET

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