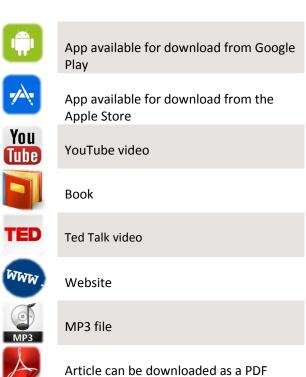
Self Help for Crises (Click the icons to link to resources)

	*	Virtual Hope Box	Help with emotion regulation & coping	Free
		Panic Attack Aid	Distractions to help with panic	\$5.00
		Breathe to Relax	Diaphragmatic breathing trainer	Free
	*	Tactical Breather	Train breathing to lower reactivity	Free
WWW.	M	Stop, Breathe & Think	Mindfulness exercises	Free
www.	M	Calm	Meditations	Free
		Stop Panic & Anxiety	Education and calming audio for panic	Free

KEY





Compiled by the Johns Hopkins University Counseling Center, 2015

Please note that while every effort has been made by the Counseling Center to provide a list of helpful resources, we do not guarantee the effectiveness of the resources provided. Your discretion is advised.