

# What I would tell my younger self: Conversations about hope, recovery and the “S” word

## Webinar resources

### Presenter contact information

- Iden Campbell, [Twelve6 Strategies](#)
- Tonja Myles, [TonjaMyles.com](#)
- Francesca Reicherter, [Inspiring My Generation](#) and [Mental Health Education Series \(2 books\): I AM and You Are Not Alone: The Workbook](#)

### To stay safe, write down and keep handy

- 3 people I can talk to
- 3 places I can go
- 3 affirmations I can tell myself
- 3 validation statements I can tell myself
- 3 supportive statements I can tell myself
- 3 coping skills I can use
- 10 reasons I love myself

Source: Francesca Reicherter

### Five steps to help someone who is suicidal

- Ask
- Be there
- Keep them safe
- Help them connect
- Follow up

Source: [#BeThe1To](#), Iden Campbell

For additional information and training opportunities, visit the [Magellan Center for Recovery and Resiliency](#).