

Rx ACEs SELF-CARE GOALS

NAME _____ DATE _____

As a family, we are going to focus on setting a goal for:

Healthy Relationships _____

Exercise _____

Nutrition _____

Sleep _____

Mindfulness _____

Mental Health _____

Nature _____

Self-Care _____

SIGNATURE _____

COMMUNITY RESOURCES

YMCA Youth & Family Services

2929 Meade Ave
San Diego, CA 92116
619-281-8313

San Diego Network of Care

sandiego.networkofcare.org

The National Alliance on Mental Illness (NAMI)

1-800-950-NAMI (6264)
Crisis Text Line: Text NAMI to 741-741

National Suicide Prevention Lifeline

800-273-TALK (8255)
Crisis Text Line: Text HOME to 741-741

National Domestic Violence hotline

800-799-SAFE (7233)

National Sexual Assault hotline

800-656-HOPE (4673)

2-1-1 San Diego

Dial 2-1-1 on your phone 24/7