

Oklahoma's Healthy Transitions Initiative
General Questions to Assist Transition-Aged Youth

Topic: Stressors / Emergencies

Sub-topics: [Developing or Improving Coping Skills](#)
[Mental Health Safety Plan](#)
[Emergency Plan](#)
[Sexual Abuse / Rape](#)
[Crime](#)
[Conflict](#)

[DEVELOPING OR IMPROVING COPING SKILLS](#)

Do you need help coping?

[MENTAL HEALTH SAFETY PLAN](#)

[EMERGENCY PLAN](#)

[SEXUAL ABUSE/ RAPE](#)

[CRIME](#)

[CONFLICT](#)