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Check for these survival basics. Are they

- □ 10-20 breaths/min. 50-120 beats/min.
- Responsive to rousing techniques Pink, Warm, & Dry skin tone

airways of obstructions, & place in If not, or in doubt: call for medical, clear recovery position

rhythm of "Staying Alive" until help arrives O 2023 PSYCHEDELIC SAFETY ALLIANCE compressions for every 2 rescue breaths to CPR rhythm if no heartbeat: 30 chest

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If someone is experiencing a the following: psycho-emotional crisis, remember as bad. Difficult is not necessarily the same

- Avoid negative framing of the experience.
- Be: Calm, Patient, Kind, Non-judgmental Sitting, Not Guiding:
- You are their anchor, not the steering wheel.
- The only way out is through:

*

- Talk through, not down.
- be noninvasive and unattached to the outcome.
- **breathing!**

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