
MY SAFETY PLAN

Remember

Help is always available.

MY WARNING SIGNS ARE:

1
*These can be thoughts, feelings or behaviors that indicate you are at risk.

MY EFFECTIVE COPING STRATEGIES ARE:

2
*These are things you can do to help lift your mood, like meditation or exercise.

PEOPLE I CAN REACH OUT TO FOR DISTRACTION:

3
Person 1: Contact No.
Person 2: Contact No.
Person 3: Contact No.

PEOPLE I CAN REACH OUT TO FOR HELP:

4
Person 1: Contact No.
Person 2: Contact No.
Person 3: Contact No.

STEPS I CAN TAKE TO MAKE MY ENVIRONMENT SAFER:

Please list:

- 5**
- List
 - List
 - List
 - List
 - List

IN THE EVENT OF A CRISIS:

Call Emergency Contact #1:

Call Crisis Hotline:

Call Emergency Services:

6

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