

My Safety Plan

1

My warning signs are:

*These can be thoughts, feelings or behaviors that indicate a crisis may be developing:







2

My internal coping strategies are:

*These are things you can do on your own to take your mind off the problem, like playing video games or exercise:



3

People I can reach out to for distraction:

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

4

People I can reach out to for help:

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

5

In the event of a crisis:

Call Emergency Contact #1:

Call Crisis Hotline:

Call Emergency Services:

6

Steps I can take to make my environment safer. Please list:

Remember: Help is always available. Text NATIVE to 741 741 for 24/7 support.