

# My Safety Plan



Before a mental health emergency, it's good to have a safety plan ready for when you need it.

1

What thoughts, feelings or behaviors tell you that a crisis may be developing?

My warning signs are:

2

What can you do to take your mind off the problem (e.g. like playing video games or exercise)?

My effective coping strategies are:

3

## People I Can Reach Out to...

### Distract Me:

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

### Help Me:

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

4

List things you can do to make yourself and your environment safer.

Steps I Can take to be safer:



You are not alone! If you need help, Text "Native" to 741 741 for FREE 24/7 Counseling support, or Dial 988.

Scan the QR code using your phone for Native Youth Support Resources

5

