

# MY SAFETY PLAN

Remember: Help is always available.



1

## MY WARNING SIGNS ARE:

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

2

## MY EFFECTIVE COPING STRATEGIES ARE:

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

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3

## PEOPLE I CAN REACH OUT TO FOR DISTRACTION:

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

4

## PEOPLE I CAN REACH OUT TO FOR HELP:

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

5

## STEPS I CAN TAKE TO MAKE MY ENVIRONMENT SAFER:

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-  
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6

## IN THE EVENT OF A CRISIS:

Call Emergency Contact #1:  
Call Crisis Hotline:  
Call Emergency Services: