

# My Safety Plan

## My triggers & warning signs

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## People who I can ask for help

### friends and family

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### professionals/services

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Things I can do to distract myself

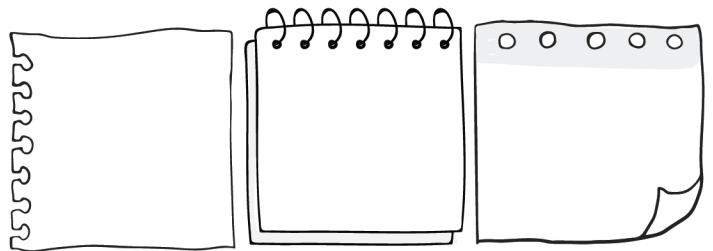
...on my own

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

...with other people

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Safe places I can go to



## Ways I can keep myself & my space safe

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

One person or thing that is important enough for me to stay alive: