



FOUNDATION

MY SAFETY PLAN

Fill out this safety plan, keep in a handy place, share with your family. Update along the way.

MY TRIGGERS AND WARNING SIGNS



this is what I do when I am overwhelmed with emotion or really struggling with something in my life

→ _____

→ _____

→ _____

→ _____

→ _____

→ _____

I AM NEVER ALONE

there are always people I can go to for help. I can ask...

FRIENDS AND FAMILY

(sometimes I am more comfortable reaching out to a teacher, coach or mentor)

→ _____

→ _____

→ _____

→ _____

PROFESSIONALS AND SERVICES

I can call the LifeLine number 988

I can also text ANY word to 741741
If I am really scared I can call 911

→ _____

→ _____

I NEED TO DISTRACT MYSELF. SOME THINGS I CAN DO...

...ON MY OWN

▷ _____

▷ _____

▷ _____

...WITH OTHER PEOPLE

▷ _____

▷ _____

▷ _____

SAFE PLACES AND SPACES

these are places or spaces I can go to be & feel safe

□ □ □

SPACE SAFETY

I need to keep myself and my space safe. I can do that by...

→ _____

→ _____

→ _____

→ _____

THESE ARE THREE THINGS OR PEOPLE THAT I WANT TO LIVE TO SEE