



Grief Safety Plan:

Triggers (Memories, Dates, Places, or Names)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Warning Signs: (Sadness, depression symptoms, hopelessness, anger, sleep disturbances, isolation, looking at photos or videos, loneliness, and crying spells.)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Coping Skills: (Things I can do on my own and things that have worked in the past.)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Support System (People whom I can ask for help)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Professionals or Agencies (who to contact in a crisis/where to go in a crisis)

1. 988 (Call or text)
2. 911
- 3.
- 4.
- 5.
- 6.
- 7.