

My Safety & Support Plan

★ ——— *A crisis support worksheet* ——— ★

Fill this out ahead of time or update it when needed. The goal is to make it easier to reach for support and stay safe when things feel overwhelming.



1. Warning signs I notice before a crisis



2. People I can contact for immediate support

Name _____ Phone _____
Name _____ Phone _____
Name _____ Phone _____
Name _____ Phone _____



3. Professional or community supports

Therapist/Doctor _____
Psychiatrist or Clinic _____
Preferred hospital/ER _____
Other support _____



4. Things I can do right now to stay safe

- _____
- _____
- _____
- _____
- _____



Reasons to stay / reasons to keep going



Emergency support: If you are in immediate danger or may hurt yourself or someone else, call 911 or go to the nearest emergency room. For mental health crisis support in the U.S., call or text 988.