

MY SAFETY PLAN

A simple plan to help me notice, calm, connect, and stay safe.

Name: _____

Date: _____

1

What I can do right now to calm down
Write three things that help your body or mind settle when emotions feel intense.

1.
- _____
2.
- _____
3.
- _____

2

People I can reach out to
List trusted people you can talk to, sit with, call, or text when you need support.

1.
- _____
2.
- _____
3.
- _____

3

How my body tells me I may be feeling unsafe
Notice your warning signs — thoughts, feelings, urges, or body sensations that tell you it is time to use your plan.

1.
- _____
2.
- _____
3.
- _____