



**HELP** for Parents Network

## MY Safety Plan

3 Things I Can Do Right Now to Calm Down

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Trusted People I Can Talk to are?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My Body Tells me I feel Unsafe by?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_