

MY SAFETY PLAN

Plan during calm times to assist chaos.
Share your plan with family/friends.



1

MY WARNING SIGNS ARE:

*These can be thoughts, feelings or behaviors that indicate you are at risk.

2

MY EFFECTIVE COPING STRATEGIES ARE:

*These are things you can do to help lift your mood, like meditation or exercise.

3

PEOPLE I CAN REACH OUT TO FOR DISTRACTION:

Person 1:	Contact No.
Person 2:	Contact No.
Person 3:	Contact No.

4

PEOPLE I CAN REACH OUT TO FOR HELP:

Person 1:	Contact No.
Person 2:	Contact No.
Person 3:	Contact No.

5

STEPS I CAN TAKE TO MAKE MY ENVIRONMENT SAFER:

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6

IN THE EVENT OF A CRISIS:

Call Emergency Contact #1:
Call Crisis Hotline:
Call Emergency Services:

MY SAFETY PLAN

Name:



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