



My Safety Plan



Remember:
Help is always
available.



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:



4

People I can reach out to for help:



5

Steps I can take to make my environment safer. Please list:

6

In the event of a crisis:

Call Emergency Contact #1:

Call Crisis Hotline:

Call Emergency Services: