

MY SAFETY PLAN

1

MY WARNING SIGNS ARE:

2

MY EFFECTIVE COPING STRATEGIES ARE:

3

PEOPLE AND SETTINGS THAT PROVIDE 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 Emergency Contact #2:
Call Emergency Contact #3:
Call Suicide & Crisis Lifeline: 988