

Safety Plan

(Name)

(Date)

Some of my triggers are:

1. _____
2. _____
3. _____

Some of my warning signs are:

1. _____
2. _____
3. _____

People I can reach out to:

1. _____
2. _____
3. _____

Ways I can distract myself:

1. _____
2. _____
3. _____

Ways to stay safe:

1. _____
2. _____
3. _____

Other Resources to help me right now:

- | | |
|------------------------|----------|
| 1. Text HOME to 686868 | 4. _____ |
| 2. Call 1-877-303-2642 | 5. _____ |
| 3. Call 1-833-456-4566 | 6. _____ |

The one thing that is most important to me and worth living for is:
