

SAFETY PLAN

SOME OF MY TRIGGERS ARE:

SOME OF MY WARNING SIGNS ARE:

USEFUL WAYS I CAN DISTRACT MYSELF:

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WAYS TO STAY SAFE:

PEOPLE I CAN REACH OUT TO:

OTHER RESOURCES TO HELP ME RIGHT NOW:

1. Text HOME to 686868
2. Call 1-877-303-2642
3. _____
4. _____
5. _____

you matter!