

My Safety Plan

Warning Signs: What happens when you begin to feel upset? Ex: cry, yell, shutdown, negative thinking etc.

- _____
- _____
- _____



Coping strategies: Things that help you calm down and relax

- 1 _____
- 2 _____
- 3 _____



Resources

Suicide and Crisis Helpline: 988

Emergency Number: 911

Psychiatric Mobile Response
Teams: 1 (800) 854-7771

People I can ask for help

1 Name: _____

Phone Number: _____

2 Name: _____

Phone Number: _____

3 Name: _____

Phone Number: _____

People I can ask for help

School Counselor Name: _____

Number: _____

Therapist Name: _____

Number: _____

CSW Name: _____

Number: _____