

Safety Plan

MY WARNING SIGNS:

PEOPLE I CAN ASK FOR HELP:

ACTIVITIES THAT HELP ME CALM MY MIND:

PROFESSIONALS I CAN CONTACT:

HOW TO ENSURE A SAFE ENVIRONMENT:

WHAT I WILL TELL MY LOVED ONES:

WHAT I WILL DO WHEN I FEEL DOWN:

WHAT I CAN SAY AS AN ALTERNATIVE TO DARK THOUGHTS:

ONE THING THAT IS THE MOST IMPORTANT TO ME AND WORTH LIVING FOR:

