

MY SAFETY PLAN

You are important, no matter what!

My Warning Signs

What makes me feel like this?

My Distractions

What can I do to occupy my mind?



Tip: Our brains are really bad at multitasking. Give yourself a chance by occupying your thoughts with something else!

My Other Coping

What can I do on my own to feel a little better in the moment?



Tip: These moments are temporary and will rise and fall, usually within 20 minutes, if you do not give into the thought or feeling!

My Professional Services

What professional contacts can I reach out to?



My Therapist



My Nearest Hospital



Community Partner



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One Thing I Can Do

How specifically will I change the way I am thinking, feeling, or behaving in the moment?