

# SAFETY PLAN

## Step 1: Warning signs that I may not be safe

- 1.
- 2.
- 3.

## Step 2: Remind myself of my reasons for living

- 1.
- 2.
- 3.

## Step 3: Coping strategies that I use to distract myself or feel better

- 1.
- 2.
- 3.

## Step 4: Social situations and people that can help distract me

- 1.
- 2.
- 3.

## Step 5: People who I can ask for help

- 1.
- 2.
- 3.

## Step 6: Professionals or agencies I can contact during a crisis

- 1.
- 2.
- 3.
- 4.
- 5.

## Making my environment safe

- 1.
- 2.
- 3.

