

Name:

Date:

A safety plan is a personalized plan that includes ways to increase your overall sense of safety, and to cope with difficult feelings and triggers when you feel unsafe. In moments of crisis, you can refer to this plan to remind yourself of what you can do to increase your sense of calm and control, and who you can reach out to for support.

My Plan to Stay Safe

Right now I am feeling:

Some of my strengths are:

One thing I am looking forward to:

When this happens:

I can cope by...

_____	_____
_____	_____
_____	_____

Safe people:

How to reach them:

_____	_____
_____	_____
_____	_____

Some resources I can rely on:

National Suicide Prevention Lifeline: 1-800-273-8255 (suicidepreventionlifeline.org)

National Domestic Violence Hotline: 1-800-799-7233 (thehotline.org)

Crisis Text Line: Text "Home" to 741741 (crisistextline.org)

In case of emergency, call 911 immediately