

SAFETY PLAN

3 of My Strengths:



Something I am looking forward to:

MY PLAN TO STAY SAFE:

WHEN THIS HAPPENS...

1. _____
2. _____
3. _____

SAFE PEOPLE:

1. _____
2. _____
3. _____

I CAN COPE BY...

1. _____
2. _____
3. _____

SAFE PLACES:

1. _____
2. _____
3. _____

Safety & Support Resources:

988 National Suicide Prevention Lifeline:

Call or Text 988 • 1-800-273-TALK (8255) • suicidepreventionlifeline.org

Crisis Text Line:

Text "Home" to 741741 • crisistextline.org

National Domestic Violence Hotline:

1-800-799-7233 • thehotline.org

SELF-CARE PLAN

Bucket List



☐ _____

☐ _____

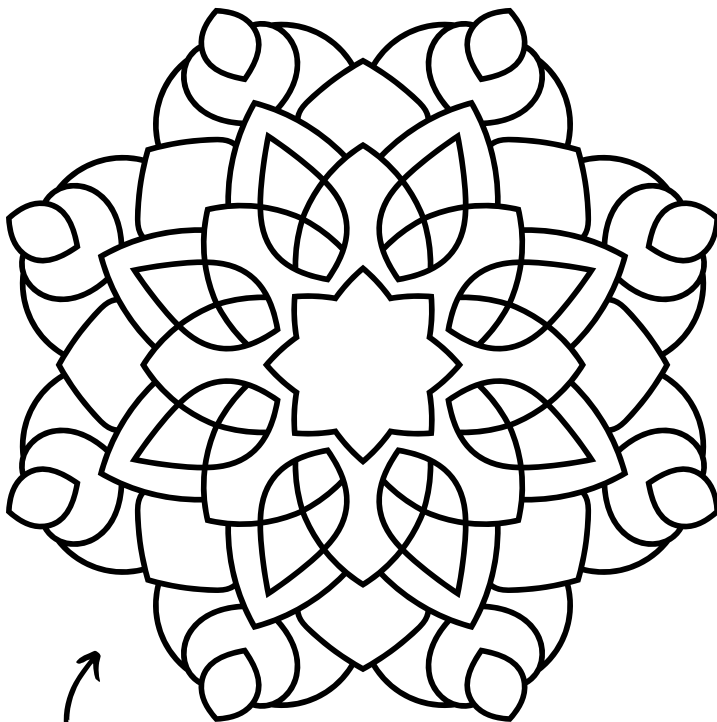
☐ _____

☐ _____

☐ _____



People to See/Call



(COLOR ME IN)

RELAXING ACTIVITIES TO HELP DE-STRESS

