

My Safety Plan



1

My warning signs are:

e.g. isolation, disturbed sleep, changes in appetite etc.

2

My effective coping strategies are:

What has worked for me in the past? e.g. calling a friend, spending time in nature, journaling etc.

3

People I can reach out to for distraction:



4

People I can reach out to for help:



5

Steps I can take to make my environment safer:

Removing/limiting access to weapons, medications or any other means that could be used to harm myself.

6

In the event of a crisis:

Call Emergency Contact #1:

Call Crisis Hotline:

Call Emergency Services:



Date:

Signature: