

<u> </u> 's Personal Safety Plan
STEP 1: I should use my safety plan when I notice these warning signs (thoughts, moods, situations/triggers, behaviors)
1.
2.
3.
STEP 2: Internal coping strategies- Things I can do by myself to help myself not act on how I'm feeling (favorite activities, hobbies, relaxation techniques, distractions)
1.
2.
3.
STEP 3: People and places that improve my mood and make me feel safe
1. Name, Contact information
2. Name, Contact information
3. Place (school):
4. Place (home):
What might get in the way of me contacting these people or going to these places?
Solution:
STEP 4: People I trust who can help me during a crisis
1. Name, Contact information
2. Name, Contact information
Why might I hesitate to contact these people when I need help?
Solution:
How will I let them know that I need help?
STEP 5: Other resources I could contact during a crisis

Crisis Text Line: Text "START" to 741-741

CHAMPS: 202-481-1440

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