My Safety Plan

My warning signs are: e.g. isolation, disturbed sleep, changes in appetite etc. My effective coping strategies are: What has worked for me in the past? e.g. calling a friend, spending time in nature, journaling etc. **People I can reach out to for distraction:** 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. In the event of a crisis: **Call Emergency Contact #1:** 6 **Call Crisis Hotline: Call Emergency Services:**

Signature:



Date: