

SAFETY PLAN

Name: _____

Date: _____

HEALTHY COPING STRATEGIES FOR WHEN I'M FEELING UPSET

IF I'M FEELING LIKE I MIGHT ACT ON AN UNSAFE BEHAVIOR, I WILL REACH OUT TO

National Suicide Hotline: 1-800-273-8255

Local Crisis Hotline:

Go to the Emergency Room

Call 911

SUPPORT PEOPLE

REASONS TO LIVE

HOW CAN I MAKE THE ENVIRONMENT SAFE?

i.e. remove objects that you might use for self-harm, invite someone to come over.
