

MY PERSONAL SAFETY PLAN

What I Notice in Myself

These are signs that I might be struggling:



What Helps Me Feel Better

These are things I can do that help me cope or calm down:

Places Where I Feel Safe

Where I can go to feel more grounded or less overwhelmed:

People I Can Reach Out To:

Name

Phone or Text

Role (coach, cousin, friend, mentor, etc.)

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What I Can Do In a Crisis

Steps I will take if I feel unsafe or overwhelmed:

- Call or text 988 (Suicide & Crisis Lifeline)
- Reach out to one of my trusted contacts
- Go to a safe place
- Let someone know what I'm feeling
- Remove anything around me that could cause harm
- Use a calming strategy (deep breaths, music, movement, etc.)

Words That Ground Me

A quote, lyric, prayer, goal or reminder that keeps me going:



I Made This Plan With

Check all that apply

- ☐ Therapist ☐ Parent/Guardian ☐ Peer Mentor
☐ Counselor ☐ Caregiver ☐ Other _____

Date _____
Created _____

Last _____
Reviewed _____