



My Safety Plan

NAME: _____

DATES: _____

Sometimes life can get pretty difficult - to the point where you may not care about things that used to matter. Remember, you are not alone. There are resources and people who want to help. Using these action steps can help keep you safe and more in charge of your emotional wellbeing. One step at a time, starting now.

Step 1 – Recognizing Warning Signs

Isolating, drug use, feeling hopeless, angry, exhausted...

1. _____
2. _____
3. _____
4. _____
5. _____

Step 2 – Using Internal Coping Strategies

Things I can do on my own like deep breathing, music...

Step 3 – Using External Coping Strategies

People and social settings that help distract me

Step 4 – Contacting Family/Friends Who Can Help

People I can be honest with about what's bothering me

1. _____
2. _____
3. _____
4. _____
5. _____

Step 5 – Turning to Professionals & Resources

Trusted adults can help. Who could you add to this list?

Name:	Phone:
More Resources for Teens	Browse, Call, Text, Chat
24-hr Suicide Lifeline	1-800-273-8255
24-hr Crisis Text Line	Text 'HEAL' to 741741
24-hr Crisis Connections	1-866-427-4747
Safe Place - Find shelter	Text 'Safe' to 4HELP
Sexual Assault Hotline	1-800-656-HOPE
Teen Line	Text 'TEEN' to 839863
Teen Link - Call in 6-10 pm	1-866-833-6546
Trevor Project - LGBTQ	Text 'START' to 678678
Trans Lifeline	1-877-565-8860
211- Other resources	Call or go online

Step 6 – Keeping My Personal Space Safe

Trusted adults and my environment help keep me safe

- I let trusted adults help monitor my personal space
- I let trusted adults know about any harmful items
- I am keeping my personal environment safe

Form adapted from Stanley and Brown (2008). Safety plans are only one part of a comprehensive crisis response prevention plan.
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