



Safety Plan

This Safety Plan, should be filled in at a time when you are not in crisis. You then have it to refer to when you are in a crisis situation. It can really help, by providing clarity at a time when you may not be able to think normally due to you being in distress.

It can help you distract yourself from your feelings in order to stay safe, or if that doesn't work, there is also a part for you to enter contact numbers for friends and family or professionals if you feel you need more help to stay safe. Please try to remember, these feelings will pass in time, this plan is to help you stay safe until they do.

We recommend that you make people mentioned in this safety plan aware they are listed as your contacts if you feel that you are in distress or crisis.

You can fill this plan out alone, but you may find it helpful to have someone help you, they may be able to think of different things that could help you.

Safety Plan

Warning Signs Thoughts, feelings, or situations that tell me I may need extra support:

1.

2.

3.

4.

5.

Things I Can Do to Calm Myself Activities that help me feel safer or calmer:

1.

2.

3.

4.

5.

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People and Places you can go or people you can spend time with to feel safer or less alone:

1.

2.

3.

4.

5.

People I Can Ask for Help Friends, family members, or trusted people you can contact

1.

2.

3.

4.

5.

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Professional Support Therapists, doctors, helplines, or other services

1.

2.

3.

4.

5.

Making My Environment Safer Steps to reduce risks or make your surroundings safer.

1.

2.

3.

4.

5.

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Reasons to Keep Going People, hopes, or goals that matter to me.

1.

2.

3.

4.

5.

- I am worthy of care and support.
 - My feelings matter.
- I have survived difficult days before.
- I deserve kindness from myself and others.
 - This moment will pass.
 - I am stronger than I think.
- I can ask for help when I need it.