

Crisis Safety Plan

Fill out this plan and share it with those close to you.

Crisis warning signs

Here are some things I do when I'm overwhelmed, emotional or struggling:

My coping strategies

Here are a few things I can do to return to calm or clear my mind:

People I can turn to

Here are three people I can always reach out to for help: (Be sure to save these in your phone)

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

My inspirations

Here are three reasons (family, friends, pets, jobs) I can keep going:

If I need professional help

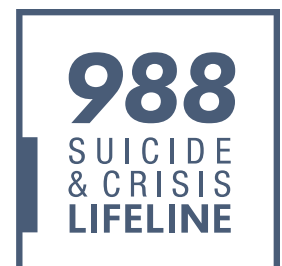
Here are places I can contact during a crisis:

I can call or text **988** any time

I can chat online at **988lifeline.org**

Safe spaces

Here are places or rooms I can go to feel safe:



The information presented above has been adapted from the following sources: 463 Foundation's My Safety Plan and Stanley & Brown (2021) There is Hope Safety Plan