Safety Plan



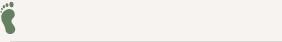
My tr	iggers	& warni	ing si	igns
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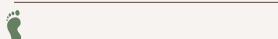
Thoughts, feelings, situations



Some safe places I can go to









Some ways to cope by myself

E.g., distraction, grounding, physical activity

How to keep my environment safe



Some people whom I can reach out to

Social support (e.g., family & friends)







Professional support (e.g., psychologist, crisis hotline)







Things/people worth living for

