

My Safety Plan

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.

**Asterisk denotes drop-down list*

Student Information		
Student:	Student ID:	Date:
School: *	Grade: *	

Step 1 – Recognizing Warning Signs
<i>Isolating, drug use, feeling hopeless, angry, exhausted...</i>
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Step 2 - Using Internal Coping Strategies
<i>Things I can do on my own like deep breathing, music...</i>
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Step 3 - Using External Coping Strategies
<i>People and social settings that help distract me</i>
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Step 4 - Contacting Family/Friends Who Can Help
<i>People I can be honest with about what's bothering me</i>
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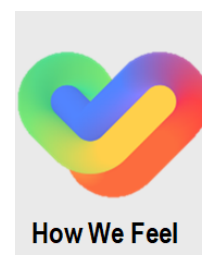
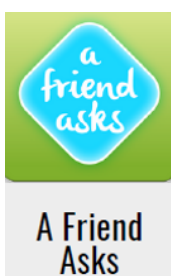
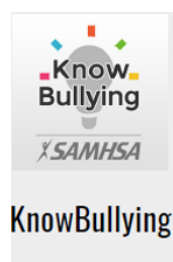
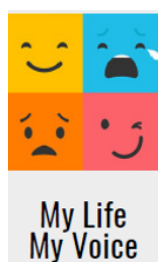
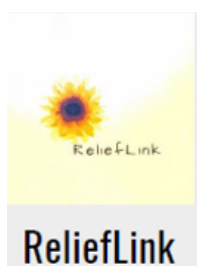
Step 5 – Environmental Safety
<i>Making the environment safe (Plan for lethal means safety)</i>
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Step 6 - Turning to Professionals and Resources

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

Resources for Teens	Browse, Call, Text, or Chat	Trusted Adult Name:	Phone:
24-hr Suicide Lifeline	Dial '988' or call 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 6-10pm	1-866-833-6546		
Trevor Project – LGBTQ	Text 'START' to 678678		
Trans Lifeline	1-877-565-8860		
211 – Other Resources	Dial '211' or go Online		

SAFETY PLANNING APPS



Step 7 - Keeping My Personal Space Safe

<input type="checkbox"/>	I let trusted adults help monitor my personal space
<input type="checkbox"/>	I let trusted adults know about any harmful items
<input type="checkbox"/>	I am keeping my personal environment safe

Form adapted from Stanley and Brown (2008)