

Safety Plan

My warning signs

- _____
- _____
- _____
- _____
- _____

My coping strategies

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

My reasons for living

- _____
- _____
- _____
- _____
- _____

People who can support my safety plan	Contact information
Crisis line	
Emergency room	