

# SAFETY PLAN

Everyone has tough moments, and it helps to have a plan ready for when things feel overwhelming. This safety plan is your personal guide and a place to write down the people, places, and coping skills that keep you safe. Use it to remind yourself of what helps, who to reach out to, and the steps you can take if you ever feel like you're in crisis. Remember you don't have to figure it out alone!

**I know I'm triggered when...**

**I can reach out to...**

**My body feels...**

**I can keep myself safe by...**

**I start thinking...**

**A safe place I can go is...**

**Emotionally I feel...**

**I chose to not isolate myself,  
that means I'm going to...**

**I want to...**

**The truth I want to remind  
myself of is...**

**Ways I can distract myself...**