

# My Safety Plan



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I know I get triggered when...

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2

Some ways I can distract or calm myself are...

Three blank, cream-colored notepaper templates, each with a purple binder clip at the top. They are arranged horizontally.

3

What my warning signs look like to others are...

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Ways others can support and validate me are...

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5

Safe people I can talk to are...

Three identical light gray rounded rectangular buttons, each containing a black telephone handset icon.

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If this is a life-threatening emergency Call 911 immediately!

Crisis text line: text HOME to 741741

Text or Call 988 Lifeline- Suicide & Crisis Lifeline

