



My Safety Plan

Warning signs that a crisis may be developing (*can be thoughts, images, feelings/emotions, situations, behaviors, etc.*):

1. _____
2. _____
3. _____

Things I can do on my own to clear my mind of my problems (*relaxation techniques, physical activity, reading, hobby, etc.*)

1. _____
2. _____
3. _____

People I trust and can listen to me and social settings that provide distractions:

1. Name _____ Phone: _____
2. Name _____ Phone: _____
3. Place: _____
4. Place: _____

People I can ask for help:

1. Name _____ Phone: _____
2. Name _____ Phone: _____

Professionals I can contact:

1. Doctor's Name: _____ Phone: _____
2. Therapist's Name or Employee Assistant Program (*if applicable*):
_____ Phone: _____

Therapist's Emergency Contact Number: _____

3. School Counselor: _____ Phone: _____

Ways I can make my environment safer (work, home, etc.):

1. _____
2. _____
3. _____



The things that are most important to me and worth living for are:

1. _____
2. _____
3. _____

Crisis and Emergency Numbers

Nationwide Crisis and Resources Line

Call **211** or visit www.211.org

2-1-1 is a free and confidential service that helps people across the U.S. and in many parts of Canada find the local resources they need. Available 24 hours a day, seven days a week.

Suicide Prevention Line

1-800-273-8255

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Crisis Text Line

Text: HOME to 741741

Every texter is connected with a crisis counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving.

LGBT Youth Talkline

1-800-246-7743

The Lesbian, Gay, Bisexual and Transgender (LGBT) Youth Talkline provides telephone, online private one-to-one chat and email peer-support. Available Monday through Friday from 4 pm to 12 am and Saturdays from 12 to 5 pm.

The National Gay, Lesbian, Bisexual and Transgender Hotline

1-800-843-4546

The Lesbian, Gay, Bisexual and Transgender (LGBT) National Hotline provides telephone, online private one-to-one chat and email peer-support. Available Monday through Friday from 4 pm to 12 am and Saturdays from 12 to 5 pm.

National Sexual Assault Hotline

1-800-656-4673

National sexual assault hotline available 24/7.

Trans Lifeline

1-800-565-8860

Hotline staffed by transgender people for transgender people available 18 hours a day every day of the week. Times: 8 to 2 am (pacific time), 9 to 3 am (mountain time), 10 to 4 am (central time), 11 to 5 am (eastern time).

9-11

Call 911

Emergency line for emergencies that need immediate attention. An emergency is any situation that requires immediate assistance from the police, fire department or ambulance. Examples include: a fire, a crime, a car crash, a medical emergency.