



**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. \_\_\_\_\_



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**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](http://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.