

# My Safety Plan



## What can I do to make my environment safe?

Examples: Remove access to firearms, lock up medications

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## What are my signs that I am not doing well?

Examples: Isolating, not completing my homework

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## Things I can do on my own to distract myself:

Examples: Listen to my favorite band, walk my dog

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## People who can help distract me:

Examples: My brother, my best friend

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## Adults I can ask for help:

Examples: Parent, neighbor, teacher

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## Future goals/things I am looking forward to:

Examples: Spring break, graduating high school, an upcoming concert

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## Professionals I can ask for help:

My doctor: \_\_\_\_\_ Phone #: \_\_\_\_\_

My therapist: \_\_\_\_\_ Phone #: \_\_\_\_\_



**If my healthcare provider is not available, and I need more urgent help, I will call:**

**Call or text 988 for Suicide & Crisis Lifeline, open 24/7  
Chat [988lifeline.org/chat/](https://988lifeline.org/chat/)**

**If I feel that I can't control my suicidal behavior, I will go to the nearest Emergency Dept or call 911.**