

My Safety Plan



What can I do to make my environment safe?

Examples: Remove access to firearms, lock up medications



What are my signs that I am not doing well?

Examples: Isolating, not completing my homework



Things I can do on my own to distract myself:

Examples: Listen to my favorite band, walk my dog



People who can help distract me:

Examples: My brother, my best friend



Adults I can ask for help:

Examples: Parent, neighbor, teacher



Future goals/things I am looking forward to:

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



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/**

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