



# MY SAFETY PLAN

RATTLE THE STARS



## RED FLAGS

I KNOW SOMETHING'S WRONG WHEN I FEEL THIS WAY:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## WHEN I DO THESE, I FEEL BETTER

PERSONAL COPING STRATEGIES TO TAKE MY MIND OFF THINGS:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PLACES TO GO, PEOPLE TO SEE

PEOPLE & PLACES THAT CAN DISTRACT ME

NAME: \_\_\_\_\_

PLACE: \_\_\_\_\_

NAME: \_\_\_\_\_

PLACE: \_\_\_\_\_

## PEOPLE I CAN GO TO FOR HELP

MY INNER CIRCLE

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

## PROFESSIONALS OR AGENCIES I CAN CONTACT

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

CRISIS HOTLINE: \_\_\_\_\_

CRISIS HOTLINE: \_\_\_\_\_

LOCAL EMERGENCY SERVICE : \_\_\_\_\_

## THINGS I NEED TO DO TO BE SAFE

STEPS TO MAKE SURE MY ENVIRONMENT IS OKAY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## REASONS TO STAY ALIVE

- \_\_\_\_\_