



RATTLE THE STARS

MY PERSONAL SAFETY PLAN

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:

- _____
- _____
- _____

TRUSTING ADULTS

TRUSTED ADULTS I CAN GO TO FOR HELP

NAME: _____

PHONE: _____

NAME: _____

PHONE: _____

FRIENDS I CAN GO TO FOR HELP

MY INNER CIRCLE

NAME: _____

PHONE: _____

NAME: _____

PHONE: _____

CALLING IN THE PROFESSIONALS

CLINICIAN NAME: _____

EMERGENCY PHONE #: _____

CLINICIAN NAME: _____

EMERGENCY PHONE #: _____

LOCAL EMERGENCY SERVICE: _____

EMERGENCY SERVICE #: _____

THINGS I NEED TO DO TO BE SAFE:

STEPS TO MAKE SURE MY ENVIRONMENT IS SAFE

- _____
- _____
- _____

AT LEAST ONE REASON FOR STAYING ALIVE:

- _____

