



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

THESE TAKE MY MIND OFF THINGS

- _____
- _____
- _____

PLACES TO GO, PEOPLE TO SEE

PEOPLE & PLACES THAT 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 THAT MAKE MY SURROUNDINGS SAFE

THESE MAKE IT HARDER FOR ME TO HURT MYSELF

- _____
- _____
- _____

REASONS TO STAY ALIVE

- _____