



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

THESE TAKE MY MIND OFF THINGS:

- _____
- _____
- _____

TRUSTED ADULTS THAT CAN HELP

THEY WILL KNOW WHAT TO DO

NAME: _____

PHONE: _____

NAME: _____

PHONE: _____

FRIENDS THAT I CAN TALK TO

MY INNER CIRCLE

NAME: _____

PHONE: _____

NAME: _____

PHONE: _____

CALLING IN THE PROFESSIONALS

NAME: _____

PHONE: _____

CRISIS HOTLINE: _____

CRISIS HOTLINE: _____

LOCAL EMERGENCY SERVICE : _____

THINGS THAT MAKE MY SURROUNDINGS SAFE

THESE MAKE IT HARDER FOR ME TO HURT MYSELF

- _____
- _____
- _____

AT LEAST ONE REASON FOR STAYING ALIVE:

- _____

