

My Safety Plan

A safety plan is designed to guide you through a crisis. As you proceed through the steps, you can help yourself and feel safer. Keep your plan easily accessible in case you have thoughts of hurting yourself.

My Warning Signs

1. Crying
2. Isolation
3. Intrusive thoughts
4. Rumination

My Coping Strategies

1. Listening to music
2. Drawing
3. Sleep
4. Meditation

My Distractions

1. Music
2. Youtube
3. Art
4. Meditation

My Supports

1. Cousin
2. Therapist
3. Cousin

My Professional Supports

1. My therapist

Emergency Contacts

988 Suicide and Crisis Lifeline

Call or Text 988

<https://988lifeline.org/chat/>

Safety Plan Template 2008 created by Barbara Stanley and Gregory K. Brown.

You can contact the authors at bh2@columbia.edu or gregbrow@mail.med.upenn.edu.

2. Suicide hotline

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