



My safety plan

**I know start
feeling unwell
when I...**

I think / I feel / I do...

**Step 1
Distractions**

Activities

**Step 2
Places I feel
safe**

Public places

**Step 3
People for
casual
conversation**

Name

Phone

**Step 4
Safe people to
discuss how I
feel currently**

Name

Phone

**Step 5
Call local
health
services and
support lines**

Name

Phone

Help line: _____

Crisis center: _____

Professionals: _____

MD: _____

**Step 6
Seek
urgent care**

My hospital

Call 911