

Safety Plan

When I feel I am in danger of harming myself, I know that I can go to my parents and/or my school counselor for help. If my parents are not available and I am not at school to ask for help I can call a hotline.

Here are some of my triggers:

Here are some signs that tell me I'm growing more at risk:

Other people I can talk to and contact:

Person: _____

Phone#: _____

Person: _____

Phone#: _____

Person: _____

Phone#: _____

Person: _____

Phone#: _____

**Hotline for National Suicide Prevention Lifeline Crisis self-harm or emergency:
800-273-8255 or 800-784-2433 (800-SUICIDE)**

Other things I may try to get through these emotions:

- | | | |
|------------------------------|---------------------------------|-------|
| Take a nap | Wait 10 minutes & another 10 | _____ |
| Watch a funny movie | Write | _____ |
| Cry and allow myself to feel | Listen to music | _____ |
| Take some deep belly breaths | Read a book | _____ |
| Draw | Go for a walk | _____ |
| Take a shower | Identify what I am grateful for | _____ |

What I need from loved ones & friends:

I am likely to feel better tomorrow, and if I don't, I can contact someone immediately to gain advice and support. I know there are people here to support me and I will try my coping skills and resources instead of hurting myself.

