

# Create your safety plan

Creating a safety plan will help you when things feel overwhelming or hopeless.

1 What are your personal warning signs?

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2 What are your self-management strategies?

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3 What are your reasons for living?

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4 Where are your sources of social support?

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5 What emergency support services will you call?

PHONE: \_\_\_\_\_

PHONE: \_\_\_\_\_

PHONE: \_\_\_\_\_

