

# SAFETY PLAN

**Crisis Text Line**  
Text "Go" to 741-741

**National Suicide Prevention Lifeline**  
800-273-TALK (8255)

I, \_\_\_\_\_ **am worth the time and effort** it takes to fill out and follow this safety plan.  
I will remind myself that **dark moods pass**.  
I will take care of myself and **give this mood a chance to lift**.

I will ask this person : \_\_\_\_\_ to be my **safety contact**. I will share this plan with them and ask them to help me make my environment safe by working with me to remove anything I may be tempted to harm myself with, now or in the future.

# S

Self-awareness: These thoughts/feelings/behaviors tell me I'm in a bad place emotionally, or becoming dangerous to myself:

# A

Action: When I notice this happening, I will take care of myself by doing these things:

# F

Friendly People/Places: I will go to these people or places to stay connected, or to distract myself.

# E

Emotional Support: I will share my feeling with these friends or relatives, and I will ask them for help (include contact information)

# T

Turn to Professionals: When nothing else seems to be helping, I will call on these professionals (include contact information)

# Y

Yes! I can get through this! If I find myself unable or unwilling to follow these steps, I will remind myself: