



# .....'s Safety Plan

## My Reasons for Living

## My Stressors and Triggers

## Ways I Can Help Myself

## People Who Can Help Me

(Crisis Text Line: Text 741-741 Any Time)



# Morgan's Safety Plan

## My Reasons for Living

new puppy

my cats

Adele

Instagram account dedicated to Adele

Kung Fu

teaching kids Kung Fu

## My Stressors and Triggers

13 Reasons Why

others' self-harm and suicide attempts

diabetes

feeling different

## Ways I Can Help Myself

hugging my cats

listening to Adele

running

Kung Fu

drawing

talking to friends

## People Who Can Help Me

(Crisis Text Line: Text 741-741 Any Time)

parents

psychiatrist

school nurse

Samaritans 617-247-0220

Lifeline 800-273-8255

# SAFETY SCALE

← SAFE

UNSAFE →

1

How I feel:

How I act:

What I need:

2

How I feel:

How I act:

What I need:

3

How I feel:

How I act:

What I need:

4

How I feel:

How I act:

What I need:

5

How I feel:

How I act:

What I need:

6

How I feel:

How I act:

What I need:

# SAFETY SCALE

SAFE

UNSAFE

1

How I feel:

awesome

How I act:

very happy

What I need:

my cats

2

How I feel:

good

How I act:

happy

What I need:

my cats

3

How I feel:

eh, could be better could be worse

How I act:

normal

What I need:

to be left alone, my cats

4

How I feel:

sad

How I act:

normal

What I need:

to be left alone, therapist, friends, my cats

5

How I feel:

really sad

How I act:

depressed

What I need:

a hug, my cats

6

How I feel:

suicidal, depressed, worthless

How I act:

slow, silent or quiet, screaming

What I need:

take me to a hospital, this is an emergency! my cats



# .....'s Safety Plan (parent)

.....'s  
Stressors and Triggers

How I Can Keep the Home Safe

What ..... Can Do

People Who Can Help Me

What I Can Do



# Morgan's Safety Plan (parent)

## Morgan's

### Stressors and Triggers

13 Reasons Why  
others' self-harm and suicide attempts  
diabetes  
feeling different

### How I Can Keep the Home Safe

lock up medications, insulin, sharps,  
chemicals, alcohol  
supervise insulin administration  
continue to keep firearms out of home

### What Morgan Can Do

hugging my cats, listening to Adele, running,  
Kung Fu, drawing, talking to friends

### What I Can Do

take control over Morgan's diabetic care,  
purchase lock box for refrigerator

### People Who Can Help Me

Morgan's grandparents  
Morgan's psychiatrist  
Samaritans 617-247-0220  
Lifeline 800-273-8255  
Parent Hotline 800-840-6537