

# MY Safety Plan



## STEP 1

### IDENTIFY WARNING SIGNS

What are your thoughts and behaviors?

## STEP 2

### IDENTIFY COPING STRATEGIES

What can you do to soothe yourself?

## STEP 3

### IDENTIFY SOCIAL DISTRACTIONS

List people and places

## STEP 4

### LIST FAMILY AND CLOSE FRIENDS

You can tell them your true feelings

## STEP 5

### LIST DOCTOR, THERAPIST OR AGENCY

List the name and phone number

## STEP 6

### MAKE YOUR ENVIRONMENT SAFE

Remove all things you can use for harm

★ What is one person or thing that is important enough for you to stay alive?