

SAFETY PLAN

List three warning signs to look for when you begin to feel unwell:

1. _____
2. _____
3. _____

List three people you can reach out to if you are feeling down:

Being around people you identify with helps to destress you and makes you feel better. It can be anyone that helps, whether it is in person, by phone, by text, or online.

1. _____
2. _____
3. _____

If you don't want to talk to anyone, list things you can do for yourself to feel better:

Examples: Take a walk, listen to music, take a bath, play video games, read a book, deep breathing, or meditation.

1. _____
2. _____
3. _____

Make a list of professionals or agencies you can contact for help:

1. _____
2. _____
3. _____

List of numbers to call during a crisis:

- 988 Suicide and Crisis Lifeline, dial 988
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Crisis Text Line: Text HOME to 741741
- National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- National Sexual Assault Hotline: 1-800-656-HOPE (4673)
- The Trevor Project (LGBTQ+ youth crisis intervention): 1-866-488-7386
- Veterans Crisis Line: 1-800-273-8255, press 1
- Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline: 1-800-662-HELP (4357)
- National Alliance on Mental Illness (NAMI) Helpline: 1-800-950-6264