

Safety Plan

What can I do to get through right now?

De-escalation, calming or soothing techniques; a safe place to go to

How can I make my situation safer?

Eliminating or reducing means; staying connected with others

Things I can do to help me stay calmer/lift my mood:

Calming activities; distraction techniques; self-care; 5 ways to wellbeing

Who can support me (consider both personal and professional):

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My warning signs and triggers are:

I would like others to help me by:

Crisis/emergency contact details:

Online resources that can help me through crisis: