

Safety Plan Template

My Personal Safety Plan

A guide to keep me safe when things feel overwhelming



Mind Your Co.

1. Warning Signs

How do I know when things are starting to get bad? (e.g., thoughts, moods, behaviours)

2. Internal Coping Strategies

Things I can do on my own to take my mind off my problems.

3. People and Social Settings that Provide Distraction

Who or where makes me feel a little better?

• Name/Place: _____

• Name/Place: _____

4. People I Can Ask for Help

Who do I trust enough to tell them I'm struggling?

• Name: _____ Phone: _____

• Name: _____ Phone: _____

5. Professionals or Agencies to Contact During a Crisis

Help is available 24/7, and reaching out is a profound act of strength.

- **In the US & Canada:** Call or text **988** (Suicide & Crisis Lifeline).
- **In the UK:** Call **111** or contact **Samaritans** at **116 123**.
- **Emergency Services:** Call **911** (US/Canada), **999** (UK), or your local emergency number immediately.
- **Crisis Text Line:** Text **HOME** to **741741** (US/Canada), **85258** (UK), or **50808** (Ireland).

6. Making My Environment Safe

How can I limit my access to things I could use to hurt myself?

7. My Reason for Living

What is the one thing, no matter how small, that keeps me going?+
