

SAFETY PLAN AGREEMENT

I agree not to harm or try to kill myself, even when I feel like everything is falling apart.

*People in my life that I can reach out to as my anchor points during these moments are:
(name and contact)*

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People who bring meaning into my life who would be most negatively affected if I harmed or killed myself are:

Warning signs of when I'm starting to spiral down are:

Internal coping skills that I can engage in to distract myself:

Activities that bring meaning or pleasure for me are: