

# Safety Plan

WHEN MY BODY STARTS TO FEEL:

I START TO HAVE THESE THOUGHTS:

I CAN:

CALL LOCAL CRISIS SUPPORT:

FRIEND TO CALL WHO WILL GIVE YOU SPACE WITHOUT JUDGEMENT:

LIST ALL THE THINGS I LOVE ABOUT MYSELF AND I'M PROUD OF:

FRIEND TO CALL FOR A FUNNY STORY:

SELF CARE (Eating healthy and delicious foods, exercise, pampering):

HOBBIES THAT MAKE ME FEEL JOY:

MUSIC THAT PUTS ME IN A GOOD MOOD:

MEMORY THAT ALWAYS MAKES ME LAUGH: