







My Safety Plan

A safety plan is a personalized guide that outlines coping strategies, support contacts, and emergency steps to help individuals stay safe during an emotional crisis.







My warning signs that a crisis may be developing are: These can be thoughts, feelings or behaviors that indicate you are at risk.

These are things you can do to help lift your mood, like meditation or exercise. My effective coping strategies are:

People I can reach out to for support:

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

Professionals/Agencies I can contact for help:

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

For more safety planning resources:



Remember: Help is always available.

Steps I can take to make my environment safer.

<input type="text"/>
<input type="text"/>
<input type="text"/>

In the event of a crisis:

Call Crisis Hotline: **988**

Call Emergency Services: **911**



Durham Middlefield
YOUTH & FAMILY SERVICES