

# My Safety Plan



Be Well! [www.wellti.com](http://www.wellti.com)

*The world is a better place with you here* ❤️

## 1. My warning signs are:

These can be thoughts, feelings or behaviors that indicate you are at risk.

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## 2. My coping strategies are:

These are things you can do to help lift your mood, like meditation or exercise.

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## 3. People & settings that are good distractions:

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## 4. People I can reach out to for help:

*Person 1:*

Contact #:

*Person 2:*

Contact #:

*Person 3:*

Contact#:

## 5. Steps I can take to make my environment safer:

- 1.
- 2.
- 3.
- 4.

## 6. In the event of a crisis:

**Call Emergency Contact #1:**

**Call Crisis Hotline:**

U.S.: 1-800-273-8255 Text "HELLO" to 741741

**Call Emergency Services:**

The thing(s) worth living for are: \_\_\_\_\_

