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MY SAFETY PLAN

HOW I CAN HELP MYSELF IN A MENTAL HEALTH CRISIS

Not everyday is going to be this tough, but right now, I could use some support



MY WARNING SIGNS

Things I do/think/say when I am struggling and may need more help than usual



WAYS TO COPE

Some helpful ways to make me feel better or distract from the moment



TALK IT OUT

A handy list of people who I can call/text and turn to for support



PROFESSIONAL HELP

List of mental health professionals or agencies (do this ahead of time!)

**There's a light in me that shines brightly
They can try, but they can't take that away from me.**

Mariah Carey, Can't Take That Away