

Safety Plan

Create your Safety Plan well before an emergency situation. Try and be as brief and specific as you can while filling out each of the boxes. This will make understanding easier in case of an emergency.

IF YOU FEEL YOU ARE POSING A THREAT TO YOUR SAFETY:

1. Make your environment safe from anything you can use to harm yourself. Practice the urge surfing techniques discussed in sessions.
2. Contact a loved one, or a helpline immediately.
3. As much as possible, try not to be by yourself. Although the instinct may be to isolate yourself, it is not helpful.
4. If your mental state is not improving, please seek help from a mental health professional immediately.

*Please note that this toolkit is not a replacement for Therapy. If you are not currently seeing a Mental Health Professional, please contact one close to you as soon as possible.

FZ

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RISK FACTORS, TRIGGERS, AND WARNING SIGNS:

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SAFE ACTIVITIES I CAN ENGAGE IN (COPING STRATEGIES):

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PLACES I CAN GO TO :

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PEOPLE I CAN CALL FOR HELP AND SUPPORT:

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WHAT PEOPLE CAN DO TO EFFECTIVELY SUPPORT ME:

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MENTAL HEALTH HELPLINES TO CALL:

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