

MY SAFETY PLAN

Remember: Help is always available



1

MY WARNING SIGNS ARE:

Thoughts, feelings or behaviors that indicate you are at risk.

2

MY EFFECTIVE COPING STRATEGIES ARE:

Things you can do to help lift your mood, like meditation or exercise.

3

PEOPLE I CAN REACH OUT TO FOR DISTRACTION:

Person 1: Contact No.

Person 2: Contact No.

Person 3: Contact No.

4

PEOPLE I CAN REACH OUT TO FOR HELP:

Person 1: Contact No.

Person 2: Contact No.

Person 3: Contact No.

5

STEPS I CAN TAKE TO MAKE MY ENVIRONMENT SAFER:

6

IN THE EVENT OF A CRISIS:

Call Emergency Contact #1:

Call Crisis Hotline:

Call Emergency Services:

2NDFLOOR
888-222-2228
YOUTH HELPLINE



Prevent Suicide
New Jersey

988 SUICIDE & CRISIS
LIFELINE

