



My Safety Plan

Date:

What are my warning signs that a crisis may be developing?

What are some ways I can help myself at school?

Who are people I can call if I need help?

Name:

Phone #:

Name:

Phone #:

Name:

Phone #:

Who will I contact in case of an emergency:

Call 911

National Suicide Prevention Lifelines Hotline 1-800-273-8255 (TALK)

Local Hospital _____