



Safety Plan

Know When to Get Help: What are the warning signs that you are beginning to struggle with your problem? These can include thoughts, feelings, or behaviors.

Use Coping Skills: What can you do, by yourself, to take your mind off the problem? What obstacles might there be to using these coping skills?

Reach out to Social Support:	If you are struggling to handle your problem alone, contact trusted family members or friends.
Name	Contact Info

Seek Help from Professionals	If your problem persists, or if you have suicidal thoughts, reach out for professional support.
Local Emergency Number:	
My Mental Health Provider:	
Other Emergency Resources:	• Call 988 • If you are deaf or hard of hearing, call 711 then 988 • For online chat, visit https://988lifeline.org/chat