

Personal Safety Plan

Name: _____

Date Updated: _____

1 Warning Signs & Triggers

(List thoughts, feelings, situations, or sensations that signal you may be heading into a crisis.)

2 Calming & Grounding Tools

(Things you can do on your own to feel calmer or more stable.)

Ideas: breathing exercises, gentle movement, listening to calming music, sensory tools (soft blanket, scented lotion, grounding stone).

3 Safe Spaces & Distraction Ideas

(Places or activities that help you shift focus or feel more secure.)

Ideas: nature walks, watching a favorite show, puzzles, coloring, calling a trusted friend.

4 Support Contacts

(List people you can call/text when you need extra support.)

Friends/Family:

Name: _____ Phone: _____

Name: _____ Phone: _____

Peer Support:

Name: _____ Phone: _____

5 Professional & Crisis Resources

(Fill in numbers that are relevant in your country.)

- 988 Suicide & Crisis Lifeline (US): Call/Text 988 or use webchat at 988lifeline.org
- Crisis Text Line (US): Text HOME to 741741
- 988 (Canada): Call/Text 988
- Samaritans (UK & Ireland): Call 116 123 (freephone)

My Local Crisis Line: _____

6 Safety Actions

(Steps you'll take to keep yourself safe during a crisis.)

Ideas: staying with a safe person, removing harmful items, using grounding tools until you feel calmer.

7 Aftercare & Recovery

(Ways to care for yourself after a crisis has passed.)

 **Tip:** Keep a printed copy of this plan in an easy-to-reach spot (wallet, purse, nightstand, fridge) and share it with a trusted person so they can help you follow it if needed.