

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:	
Talk to someone now in the United States:	• Call 988 • If you are deaf or hard of hearing, call 711 then 988 • For online chat, visit https://988lifeline.org/chat