ADULTS & TEENS | PRINTABLE WORKSHEET

Developing a Personal Safety Plan



WHAT THIS IS

A safety plan is a short list of steps you can follow when distress feels too big. Make it when you are calm, ideally with a trusted person or counselor.

HOW TO USE IT

1. Fill it out step by step.
2. Share it with someone you trust.
3. Keep it somewhere you can reach quickly.

EXAMPLE

"*Step 2: put on my headphones and walk. Step 4: call Maria.*"

1. **My warning signs (thoughts, feelings, situations)**

2. **Things I can do on my own to calm down**

3. **People and places that help me feel better**

4. **People I can ask for help (names and numbers)**

5. **Professionals I can contact**

6. **How I will make my space safer**

7. **My reasons for living / what matters to me**

988 Suicide & Crisis Lifeline: call or text **988** any time. **Crisis Text Line:** text HOME to **741741**. **Emergency:** call **911** or go to your nearest emergency department.

Go at your own pace. Skip anything that feels like too much, and stop any time. Trauma education and self-help materials are not a substitute for individualized trauma-informed care.

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.