




Safety Plan Workbook



What can I do to make my environment safer?



What strategies have I used before that helped before?



What achievements have I accomplished that I should be proud of?

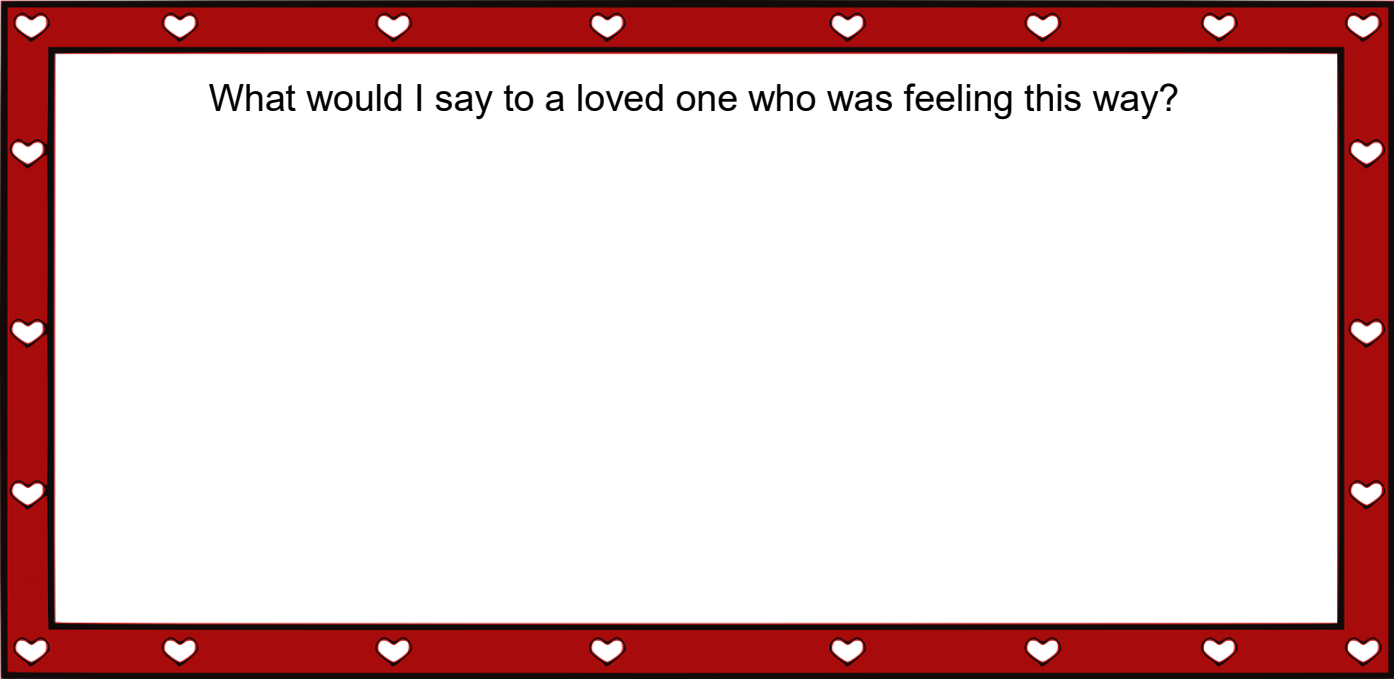
Who can I reach out to if I don't start to feel better?

Where's a safe place I can go if I don't start to feel better?

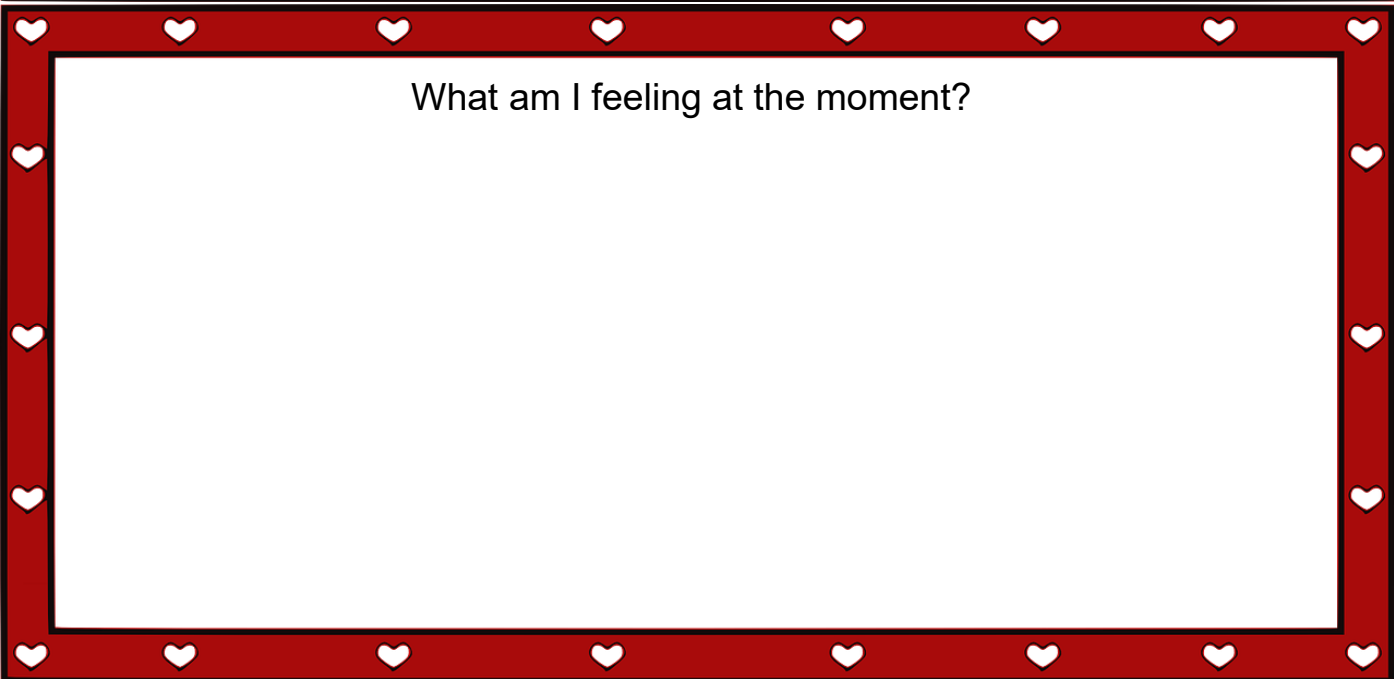


What self soothing techniques could I try using?


For example, breathing exercises.

A red border with white hearts surrounds the text.

What would I say to a loved one who was feeling this way?

A red border with white hearts surrounds the text.

What am I feeling at the moment?

A red border with white hearts surrounds the text.

What triggered the episode?

You Are Loved

You Have Value

You Are Wanted

You Matter

Don't Give Up