

MENTAL HEALTH

Safety Plan

A safety plan is good to have for when you are feeling like you need some support with your mental health. Fill out the below and make sure you let the people you've included know they are part of your plan .

WARNING SIGNS: THOUGHTS, IMAGES, MOODS, BEHAVIOURS THAT TELL ME MY MENTAL HEALTH MAY NEED SUPPORT

INTERNAL COPING STRATEGIES: THINGS I CAN DO ON MY OWN THAT HELP ME FEEL BETTER LIKE BREATHING, MEDITATING, WALKING

PEOPLE THAT DISTRACT ME: THINK OF PEOPLE WHO MAKE YOU LAUGH AND FEEL GOOD

PLACES THAT DISTRACT ME: THINK OF WHERE YOU CAN GO THAT MAKES YOU FEEL GOOD

PEOPLE I CAN ASK FOR HELP: REMEMBER TO LIST PEOPLE WHO WILL BE AVAILABLE AT DIFFERENT TIMES OF THE DAY/NIGHT

NAME_____.	PHONE NUMBER_____
NAME_____.	PHONE NUMBER_____
NAME_____.	PHONE NUMBER_____