

How to Make a Safety Plan for the Next Time You're Really Going Through It

What is a Safety Plan?

Even if you feel generally ~safe~, a safety plan is a really smart thing to have on hand for those times when your mental health takes a serious dip. It's a plan for what to do in those moments where you *just can't*. The moments where you need some extra support, are feeling a bit numb, or can't quite think straight. And it's not just for keeping you safe in a crisis—it can also be your map out of an anxiety spiral, a depression hole, or a pit of existential dread.



Tips:

- Fill this out before you really need it. It can be harder to think about what you need when you're already in a dark place.
- Feel free to come back and edit or add to it whenever you need.
- Keep it handy in multiple places—a hard copy in your nightstand, digital copy in your Notes app, etc.
- Share it with the people who care about you (friends, family, therapist) so they know exactly how to support you in tough moments.
- If you're in an immediate crisis now, you can find resources at the bottom of this worksheet.



My Warning Signs

Jot down signs that you may be struggling more than usual, feeling overwhelmed, or feeling less safe with yourself. These can be thoughts, feelings, or urges that come up during those times, or it might look like changes in your lifestyle, the way you take care of yourself, or how you interact with others. **Tip:** Ask someone close to you what they usually notice when you're in a crisis.

My Coping Strategies

What usually helps you calm down, slows your thoughts, or gives you hope? What makes you feel present and safe? What fills your cup? When you're in a dark spot, it can be hard to remember anything that brings you joy, so this list will be your guide for feeling a little bit better.



My Personal Distraction Committee

Who are the people in your life that help take your mind off ~all of this~? They don't need to be people you confide in—just people who can help distract you with interesting convos or activities.

My Support Squad

Who are the people in your life that provide help, support, or safety? Who do you confide in? Make sure to make a note about how best to contact them.

My Need-Help-Now Resources

Jot down names and contact info for any mental health and/or health providers that you might need to contact during a crisis. Include some options you can reach outside of office hours too. **Tip:** You can find more resources and hotlines at the bottom of this worksheet.

How to Keep Myself Safe

Is there anything in your home/car/work/etc. that you may want to remove (permanently or temporarily) to keep you safe from self-harm or to help you avoid impulsive or self-soothing behaviors that may make you feel worse afterward? This is not a place for judgment, it's just meant to help you.

How to Help Others Help Me

What can your people do or say to help you when you're in crisis mode? If you're not ready to share this whole plan with them, you can just share this section to let them know what you need.

Things to Remember

While you're in a good headspace, write down a few affirmations, compassionate statements, or things you know to be true. These are the things that are so hard to remember when you're in crisis, so consider this a note to your future self.

Resources In A Crisis:

- **988 Suicide & Crisis Lifeline:** Call or text 24/7 for free and confidential support from local crisis centers.
- **Substance Abuse and Mental Health Services Administration National Hotline:** Call 1-800-662-4357 for free, 24/7 help for mental health or substance use disorders.
- **The Trevor Project:** Call 1-866-488-7386 or text 678-678 or visit thetrevorproject.org to connect with a crisis counselor 24/7. They specialize in helping LGBTQ+ youth, but it's free for everyone.
- **911:** If you or someone you know is in immediate danger, call 911 and/or go to the nearest emergency room to let them know you are in distress and need urgent medical care.



Meet The Expert

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