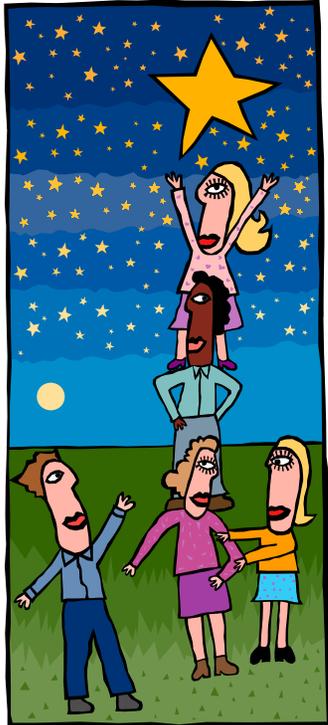


My Safety Plan

Print out the “My Safety Plan” form. Fill it out the best you can. Then keep it in a very safe, but handy place for you to reach when you need it.



My Safety Plan

When I am scared and need to feel safe, I can think about:

When I am scared and need to feel safe, I can go to:

When I am feeling sad or afraid, I like to talk to:

The safe exits from my house are:

In an emergency, I can:

Very Important Phone Numbers

My phone number: _____

The police phone number: _____

A neighbor, friend, or relative's phone number: _____

