

# My Safety Plan



**Getting  
through right  
now**

**Making your  
situation  
safer**

**Things to lift  
or calm your  
mood**

**Things to  
distract you**

**People to  
support you**

**List who you can  
talk to if you are  
distressed or  
thinking about self-  
harm or suicide**

**Emergency  
professional  
support**