

6. My Safe People

These are people I can contact when I am struggling:

Name: _____

Phone: _____

Relationship: _____

Name: _____

Phone: _____

Relationship: _____

Name: _____

Phone: _____

Relationship: _____

If I cannot explain what is wrong, I can say or text:

"I am not okay right now. I do not need judgment. I need support, calm, and help staying safe."

7. Professional and Crisis Supports

Therapist / Counselor: _____

Phone: _____

Doctor / Provider: _____

Phone: _____

Local Crisis Line / Mobile Crisis Team:

Warmline or Peer Support Line:

Emergency Contact:

If I am in immediate danger or feel unable to stay safe, I need urgent help right away. That may include contacting emergency services, going to the nearest emergency room, calling a local crisis team, or contacting a crisis support line.

Crisis Text Line is available by texting HOME to 741741.

8. Making My Space Safer

When I am at risk, these things may need to be moved, locked away, or held by someone safe:

Someone who can help make my space safer:

Name: _____

Phone: _____

9. My Step-by-Step Plan When Things Get Bad

Step 1: I will notice my warning signs.

My biggest warning sign is: _____

Step 2: I will try one calming action first.

I will try: _____

Step 3: I will move to a safer place.

My safer place is: _____

Step 4: I will contact a safe person.

I will contact: _____

Step 5: If I still do not feel safe, I will contact professional or crisis support.

I will contact: _____

Step 6: If I am in immediate danger, I will get emergency help right away.

10. What I Need You to Remember

Please remember:

**I am not my worst moment.
I MATTER.**

