

Before I'm in Crisis: My Safety & Support Plan

This sheet is not about judging me.

It is about understanding me before things become too heavy.

When I am overwhelmed, scared, shut down, angry, withdrawn, emotional, numb, or not acting like myself, I may not be able to explain what I need clearly. This plan helps the people who care about me understand how to support me with patience, safety, and compassion.

My Name: _____

Date Created: _____

People I trust to see this plan: _____

1. What I Want You to Know About Me

Before you assume I am being difficult, dramatic, rude, weak, or attention-seeking, please know this about me:

When I am struggling, I may need:

- | | |
|---|---|
| ☐ Space | ☐ Quiet |
| ☐ Calm reassurance | ☐ Prayer |
| ☐ Someone to sit with me | ☐ Grounding support |
| ☐ Help making a phone call | ☐ A reminder that I matter |
| ☐ Help getting to a safe place | ☐ Other: _____ |



2. My Warning Signs

These are signs that I may be getting overwhelmed or moving toward a crisis:

My thoughts may sound like: _____

My emotions may feel like: _____

My body may feel like: _____

My behavior may look like: _____

Other warning signs people may notice: _____

3. What Makes Things Worse for Me

Please try not to do these things when I am overwhelmed:

- | | |
|--|---|
| ☐ Raise your voice | ☐ Lecture me |
| ☐ Shame me | ☐ Touch me without asking |
| ☐ Tell me to "just calm down" | ☐ Leave me completely alone if I am unsafe |
| ☐ Argue with me | ☐ Dismiss my pain |
| ☐ Threaten me | |
| ☐ Other: _____ | |

Words or actions that make things harder for me: _____

4. What Helps Me Feel Safer

These words may help me: _____

These actions may help me: _____

Things that help calm my body or mind:

- | | | |
|---|---|--|
| ☐ Going outside | ☐ Listening to music | ☐ Calling someone safe |
| ☐ Breathing slowly | ☐ Journaling | ☐ Wrapping in a blanket |
| ☐ Drinking water | ☐ Sitting in silence | ☐ Watching something comforting |
| ☐ Holding ice | ☐ Walking | |
| ☐ Taking a shower | ☐ Prayer | |
| ☐ Other: _____ | | |

5. My Reasons to Stay

When my mind forgets why I should keep going, please remind me of these:

People, pets, or relationships that matter to me: _____

Dreams, hopes, or future moments I want to live for: _____

Things I would miss, even if they feel small: _____

A message I want my future self to read: _____
