

My Safety Plan

1 Warning signs that I am in trouble



2 What I can do by myself to take my mind off things



3 People and places that help take my mind off things



4 I will reach out to these trusted people, when needed



5 I will call these very important phone numbers, when needed

- Suicide Hotline: 800-273-8255
- Dr. Hansen: 360.870.3801
- _____
- _____



6 I will make my environment safe by



H.O.P.E.

Hold On, Pain Ends



I agree to honor this Safety Plan:

Signature

Date