

My Safety Plan

NATIONAL SUICIDE PREVENTION LIFELINE:
1.800.273.8255
CRISIS TEXT LINE: TEXT "HOME" TO 741.741

Stressful situations I need to stay away from:

The number to my mental health clinician:

When I'm stressed or triggered, I like to:

**YOUR
MENTAL
HEALTH
MATTERS**

If I start to become a danger to myself, I will call:

Loved ones who make me feel safe:

reach
teach¹
love¹

www.reach1teach1love1.org