Safety Plan

Signs that things are getting ‘heavy’.....

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People I can contact when things are starting to feel intense: .....

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Tools I can use to relieve some pressure / feel relief: .....

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People I love and need to be here for: .....

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Parts of myself who want to survive: .....

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I promise to take some slow, deep and freeing breaths, pause, contact someone for support and keep myself safe for myself and the people who love me

Signed: ....J. Doe..... Signed: ..... (Survivor)

Date: .....This moment..... Date: .....