

Safety PLAN

Know When To Get Help

What are the thoughts, feelings, behaviors that are warning signs that you are becoming overwhelmed by your problem?

Coping Skills

What are three things you can commit to doing on your own to keep yourself safe?

Social Support

Who can you reach out to help support you in your safety? List several people in case your first choice is not immediately available.

- 1.
- 2.
- 3.

Professional HELP

Reach out to a professional support system. All of these lines are available 24/7.

- National Suicide Hotline: 988
- Integral Care: 512-472-HELP (4357) This is for ANY mental health crisis not only suicidality
- Crisis Text Line: Text HOME 741741 – for anxiety, depression, eating disorders, self-harm, and suicide
- Trevor Project Call 1-866-488-7386 or TEXT 'Start' to 678-678

