**Safety Plans:** A tool used in the moment when we are stressed, overwhelmed or having difficulties managing our emotions.

- Safety plans are relational tools; we share them with one another so we can build community and normalize asking for help.

- Safety plans are a way for us to ask for help and acknowledge it is important to take care of ourselves.

- **Notes:**

**Safety Plan**

1. _____________
2. _____________
3. _____________
4. _____________
5. _____________
### How you can tell I need help

- I am sleeping too much
- I am not sleeping enough
- I am isolating myself
- I talk negatively
- I am making bad choices
- I am not taking care of myself

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### Things that do not help me

- Being alone
- Lecturing me
- Minimizing my feelings
- Blaming me
- Breaking promises
- Not asking about me

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### How you can help me

- Be patient with me
- Listen to me
- Check in with me
- Give me space (If I'm safe)
- Sit with me

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### How you can tell I'm okay

- I will be social
- My sleep will be normal
- I will make safe choices
- I will work towards goals
- I will be taking care of my hygiene
- I will be kind

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### How you can help me

- Be patient with me
- Listen to me
- Check in with me
- Give me space (If I'm safe)
- Sit with me

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