MENTAL HEALTH Safety Plan

Name: _____

Date: _____

BEHAVIORAL LEARNING
SCIENCE + HEART

STEP 1: Warning Signs

STEP 2: Coping Strategies

Environmental protections:

Activities I can do right now:

STEP 3: People I Can Reach Out to

- _____
  # _____
- _____
  # _____
- _____
  # _____

Calming tools

Reasons I Stay/My Committment

STEP 4: Emergency Supports

My Value Statement