

Create a Safety Plan

What is safety planning?	<p>Safety planning is a tool that lists your resources in one place for you. Safety planning is a shared process. Find a therapist, friend, or trusted adult, and design your customized plan to keep yourself safe during crises. Scan the QR code for more info and templates:</p> 
Identify your personal warning signs	<p>What thoughts, images, situations, or behaviors signal to you that a crisis might be developing? Once you recognize your personal warning signs, use your safety plan. Go step by step until you feel better.</p>
1) Use internal coping strategies	<p>What can you do <i>by yourself</i> to take your mind off your problems? Do you know of, or have you heard of any relaxation techniques?</p>
2) Engage with people and social settings	<p>It can be tempting to isolate, but now is the time to have fun with friends and be social. If you would prefer to be alone, visit a favorite park or public spot.</p>
3) Reach out for help	<p>Call someone you can be honest with about your sadness. Your loved ones want to help you.</p>
4) Contact a professional	<p>Reach out to a counselor, therapist, or a hotline to talk to a mental health professional.</p> <p>Dial 988 for the National Suicide and Crisis Lifeline</p> <p>Text HOME to 741741 to receive support from a trained crisis counselor</p>
5) Make your environment safe	<p>Get rid of/store safely anything you would use to hurt yourself</p>
Remember who and what makes life worth living	<p>Who brings you joy? What are you looking forward to in the future?</p>

If the meaning of your life is lost, ask for help finding it

