

Use this template as a starting point for your mental health safety plan. You can fill it out on your own, with a therapist or with someone you trust. If you are creating a plan for a child or teen, invite them to participate as much as they are able.

My warning signs

- What thoughts, feelings or body sensations tell me I may be heading toward crisis?
- What changes might others notice in my behavior?
- What situations, places or stressors tend to make things worse?

Things I can try first

- A grounding skill I can use:
- A calming activity that helps:
- A place I can go to feel safer:
- A reminder I want to tell myself:

People I can contact

- Name and phone number:
- Name and phone number:
- Name and phone number:
- What I want them to do or say:

Professional support

- Therapist or provider:
- Clinic or care team:
- School counselor or trusted school contact:
- 988 Mental Health Line: Call or text 988
- WellPower crisis services: **wellpower.org/crisis-services**

Steps to make my space safer

- Items or places I should avoid during crisis:
- Items that should be moved or secured:
- Person who can help make the space safer:
- Where I can go if I cannot stay safe at home:

Substance use recovery supports, if needed

- My substance use warning signs or triggers:
- People I can call before using or when cravings are intense:
- Recovery supports, groups or appointments:
- WellPower substance use recovery information: **wellpower.org/substance-use-recovery**