

MY SAFETY PLAN

I will plan for my **SAFETY**. If one step doesn't help, I'll move on to the next:

Self-awareness

Action

Friendly people/places

Emotional support

Turn to professionals

Yes, I can do this! I will take care of myself and give this mood a chance to lift.

The one thing that is most important to me and worth living for is:

Step 1: Self-Awareness

Warning signs that a crisis may be developing (pacing, feeling irritable, thinking "It will never get better", etc.):

Step 2: Action

When I notice this happening, I will take care of myself by doing these things (go for a 10-minute walk, watch Friends episode, play with my dog, think about my loved ones/favorite memories):

- 1.
- 2.
- 3.
- 4.

Step 3: Friendly People & Places

These are people and places that can provide distraction (include contact info):

- 1.
- 2.
- 3.
- 4.

Step 4: Emotional Support

These are people whom I can ask for emotional support and help:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____

Step 5: Turn to Professionals

When nothing else is helping, I will contact these professionals/agencies (if needed, I will leave a message with my name, time, and phone #):

Therapist: Name _____ Phone _____

VCU Counseling Services: 804-828-6200 (available 24/7)

Suicide Prevention Lifeline: 9-8-8 or 1-800-273-TALK (8255)

TimelyCare App: available 24/7

VCU Student Health Services: 804-828-8828

Call 911 or go to the Emergency Room.