

MY HELPING PLAN

A. Before I start feeling sad or worried, I often:

B. These are things I can do to calm down and feel good (see reverse side):

C. These are people who can help me:

Names & Phone Numbers

Adult(s): _____

Others: _____

D. These are places I can go to help me calm down and feel good:

E. These are professionals I can call if I need help immediately:

F. These are ways I can help make my surroundings safe when I am in crisis

Safety Step: _____

Safety Step: _____



Remember:

You are part of a community and your community cares for you!

Being connected to others is good medicine!

Other resources to have just in case:

Dial 988 (National Suicide Hotline [24/7])

Text: HOME to 741741 to reach a Crisis Counselor

