

MENTAL HEALTH

Safety Plan



Keep Safe Connections

Who can you reach out to for safety and support?

Emergency Steps

How will you separate from means?

UMatter

What activities make you feel like **you matter**?

Coping Strategies or Calming Activities

What can you do to take your mind off your problems?

Safe Places

Where can you go to provide distraction or be with trusted others?

Future Plans or Short Term Goals

What is something you can look forward to?



24/7 Call, Text, Chat