

Safety Plan

My Triggers:

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Coping / Calming Strategies:

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Activities / Things That Provide Distraction:

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People I Can Ask for Help:

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My Strengths to Help Me Through it:

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Additional Resources:

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- Text or call 988 for support
 - Hennepin County Crisis Line: 612-596-1223.
 - U.S. Crisis Text Line: Text "Home" to 741-741
 - Nat'l Suicide Prev. Lifeline: 1-800-273-8255
 - Call 911 for immediate assistance