

My Personal Safety Plan

1. Warning signs

How do I know I'm starting to feel unsafe or overwhelmed?

(Write physical, emotional, or behavioral signs — e.g., fast heartbeat, racing thoughts, irritability, nausea)

- _____
- _____
- _____

2. Coping strategies I can use immediately

Healthy actions I can take on my own to calm down and stay safe.

(E.g., deep breathing, grounding exercise, coloring, going outside, stretching)

- _____
- _____
- _____

3. People I can reach out to

List 2–3 people you trust who can help or support you.

Name	Phone Number	Relationship	Can help by

4. Safe places I can go

Where can I go if I need to remove myself from my current environment?

- _____
- _____
- _____

5. Professional or emergency support

Therapist, doctor, helpline, or hospital.

Service/Name	Phone Number	Availability

6. Things that help me feel safe or grounded

What soothes or stabilizes me when I feel anxious or panicked?

(E.g., my pet, music, soft blanket, prayer, comforting phrase, warm tea)

- _____
- _____
- _____
- _____
- _____

7. Grounding statements or mantras to repeat

Affirming words to help calm my mind.

(E.g., “I am safe right now.” “This feeling will pass.” “I can ask for help.”)

- _____
- _____
- _____
- _____

8. My emergency plan (step-by-step)

What I will do if I feel like I’m losing control:

1. _____
2. _____
3. _____
4. _____
5. _____