



safety plan

| | |
|---|--|
|  | <p>Who can I call if I feel low or suicidal?</p> <p>Professional:</p> <p>Expert:</p> <p>Helpline:</p> <p>SARSAS helpline:</p> |
|  | <p><u>What will help me feel better?</u></p> <p>Food/drink:</p> <p>CD/music:</p> <p>Activities:</p> |



Where do I feel safe?



Friend

How can I be kind to myself?



If the suicidal feelings will not go away what should I do?

