

HANDOUT #3: SAFETY AND SUPPORT PLAN

When things are starting to break down with me, the way others can notice is:

When things feel like they are breaking down, it helps me when I:

1.

2.

3.

When things feel like they are breaking down, it helps when others around me say and/or do (or don't say or don't do):

1.

2.

3.

People I want to call or text when I need extra help and support are: List names and numbers, be sure at least one is a professional:



Things or people that motivate me, make me feel good, and/or help me take my mind off things are:

1. _____
2. _____
3. _____

Strengths of mine are:

1. _____
2. _____
3. _____

We should all be thoughtful about _____ when things break down. This is how we can handle keeping that person, place, place, or thing safe:

Fill in as many people/places/ things we want to protect and what the plan is for them during these times.

“This too shall pass.”

