



Mental Health Safety Plan Worksheet

Instructions: Use this worksheet to create your personalized mental health safety plan. Fill in each section with your thoughts and information that best reflect your needs and support system.

1. Recognizing Warning Signs

Identify your personal warning signs:

2. Coping Strategies

List activities or techniques that help you manage stress:

3. Support Network

Identify people who can provide support:

- **Friend/Family Member 1:** _____
- **Friend/Family Member 2:** _____
- **Support Group:** _____
- **Therapist/Counselor:** _____

4. Professional Resources

List contact information for mental health professionals and hotlines:

- **Therapist/Counselor:** _____
- **Crisis Hotline:** _____

5. Safe Environment

Create a list of ways to make your environment safe:

6. Emergency Contacts

Include a list of emergency contacts:

- **Local Emergency Services:** _____
 - **Trusted Friend/Family Member:** _____
 - **Additional Emergency Contact:** _____
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Putting Your Plan Into Action:

- Where will you keep this plan? _____
- How often will you review and update it? _____

Conclusion

Remember, your mental health safety plan is a living document. Adjust it as necessary and reach out for help when you need it. You are not alone in this journey.