



MY PERSONAL CRISIS PLAN

I know I'm triggered when I notice:

Some good ways to distract myself are?

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| | | |

Some safe people I can reach out to are:

Things that help me when I feel this way are:

Ways to keep myself and my space safe:

- _____
- _____
- _____
- _____
- _____
- _____

Other resources I can use to get myself care:

1.

2.

3. Crisis Text Line:
Text HOME to 741741

Suicide Prevention Lifeline:
1.800.273.TALK

Teen Lifeline
602.248.8336

The Trevor Project
1.866.488.7386