

🌸 My Personal Safety Plan 🌸

🌸 People I Can Call When I'm Struggling:
(Write the names and phone numbers of people you trust)

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🌸 Safe Places I Can Go:
(Places where I feel calm, safe, or supported)

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🌸 Signs That I May Be Struggling:
(Things I notice in my thoughts, feelings, or behavior)

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🌸 Things That Help Me Feel Better:
(Healthy coping tools, calming activities, self-care)

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🌸 Reasons I Want to Stay:
(Reminders of what matters to me — people, dreams, goals, pets, etc.)

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🌸 Closing Gentle Reminder: 🌸

**This is your safety net.
You deserve support.
You deserve hope.
You are not alone.**