



**MY SAFETY PLAN**

Student's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date: \_\_\_\_\_

**Triggers**

There are certain situations or circumstances which make me feel uncomfortable, agitated, and/or think about dying:

- 1.
- 2.
- 3.

**Warning Signs**

I should use my safety plan when I notice these warning signs (thoughts, images, moods, situations, behaviors):

- 1.
- 2.
- 3.

**Coping Skills/Healthy Behaviors**

Things I can do to calm myself down or feel better in the moment (e.g. favorite activities, hobbies, relaxation techniques):

- 1.
- 2.
- 3.

**Places I Feel Safe**

Places that make me feel better and make me feel safe (can be a physical location, an imaginary happy place, or being in the presence of safe people):

- 1.
- 2.
- 3.

**School Support\***

Trusted adults at school and/or ways school staff can give me support:

- 1.
- 2.
- 3.

**Adult Support\***

Trusted adults at home or in my community, whom I trust and feel comfortable asking for help during a crisis (include phone number):

- 1.
- 2.
- 3.

**\*Note: Individuals identified as trusted adults may be notified and provided the *Adult Gatekeeper* handout (Attachment E).**

**Parent Support**

Actions my parent/guardian can take to help me stay safe:

- 1.
- 2.
- 3.

**Case Carrier Support**

Actions my case carrier can take to help me stay safe:

- 1.
- 2.
- 3.

Outside Mental Health Agency Providing Me Support

Mental Health Agency: \_\_\_\_\_

Clinician Name: \_\_\_\_\_ Office #: \_\_\_\_\_

Clinician Email: \_\_\_\_\_ Cell #: \_\_\_\_\_

During a crisis, I can also call:

- **911** for immediate support
- *Los Angeles County Department of Mental Health ACCESS (800) 854-7771* – 24 hours
- *National Suicide Prevention Lifeline (800) 273-TALK or (800) 273-8255* – 24 hours
- *California Youth Crisis Line (800) 843-5200* – 24 hours, bilingual
- *TEEN LINE (310) 855-HOPE or (800) TLC-TEEN / (800) 852-8336* – a teen-to-teen hotline with community outreach services, from 6pm-10pm PST daily. Text, email and message board also available, with limited hours-visit <http://teenlineonline.org> for more information.
- *The Trevor Project (866) 4-U-TREVOR or (866) 488-7386* – a 24-hour crisis line that provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. Text and chat also available 24/7, visit [www.thetrevorproject.org](http://www.thetrevorproject.org) for more information.

Signatures

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Name (please print)

\_\_\_\_\_  
Phone#

\_\_\_\_\_  
Parent /Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Administrator/Case Carrier (please print)

\_\_\_\_\_  
Title

\_\_\_\_\_  
Administrator/Case Carrier Signature

\_\_\_\_\_  
Date

\_\_\_\_ (Initial) I, parent/guardian of \_\_\_\_\_, consent to the notification of the Adult Gatekeeper(s) identified under the Adult Support\* section of my child's Safety Plan.