

MY SAFETY PLAN

Remember: Help is always available



1

MY WARNING SIGNS ARE:

Thoughts, feelings or behaviors that indicate you are at risk.

2

MY EFFECTIVE COPING STRATEGIES ARE:

Things you can do to help lift your mood, like meditation or exercise.

3

PEOPLE I CAN REACH OUT TO FOR DISTRACTION:

Person 1:	Contact No.
Person 2:	Contact No.
Person 3:	Contact No.

4

PEOPLE I CAN REACH OUT TO FOR HELP:

Person 1:	Contact No.
Person 2:	Contact No.
Person 3:	Contact No.

5

STEPS I CAN TAKE TO MAKE MY ENVIRONMENT SAFER:

6

IN THE EVENT OF A CRISIS:

Call Emergency Contact #1:
Call Crisis Hotline:
Call Emergency Services:

2NDFLOOR
888-222-2228
YOUTH HELPLINE



988 SUICIDE & CRISIS
LIFELINE





Traumatic Loss Coalitions for Youth Resource List

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TLC Website: <https://ubhc.rutgers.edu/education/trauma-loss-coalition/overview.xml>



**Erika's
Lighthouse**

www.erikaslighthouse.org



**Prevent Suicide
New Jersey**

www.preventsuicidenj.org



www.988lifeline.org



**American
Foundation
for Suicide
Prevention**

www.afsp.org



www.2ndfloor.org



www.thetrevorproject.org



**SOCIETY for the
PREVENTION of
TEEN SUICIDE**

<https://sptsusa.org>

CRISIS TEXT LINE |

Text HELLO to 741741

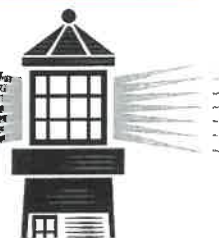
Free, 24/7, Confidential

www.crisistextline.org



www.translifeline.org
877-565-8860

**NEW JERSEY
SUICIDE
PREVENTION
HOPELINE**



www.njhoheline.com
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