

# MY PERSONAL CRISIS PLAN

I know I'm triggered when I notice:

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Some good ways to distract myself are:

Some safe people I can reach out to are:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

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:

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CRISIS TEXT LINE:  
text HOME to 741741