

SAFETY PLAN

HELPLINES AND ORGANIZATIONS I CAN CONTACT:

Suicide Prevention Lifeline - 1-800-273-TALK (8255)

Crisis Text Line - text TWLOHA to 741741

TWLOHA.com/find-help (for local, affordable resources)

FRIENDS AND FAMILY MEMBERS I CAN REACH OUT TO:

SELF-CARE ACTIONS I CAN DO TO FEEL SAFE AND CARED FOR:

HOPE IS REAL. HELP IS REAL.
YOUR STORY IS IMPORTANT.
TWLOHA.COM

**TO
WRITE
LOVE
ON HER
ARMS***