

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:



Another day
with you.