

CREATE A SAFETY PLAN

YOU ARE NOT A BURDEN.

*The things you deal with may be heavy and may feel burdensome, but your existence is not a burden.
May you recognize that the hard parts of your journey are also worth being seen and shared.
There are people who want to support and help you. **People need other people.***

HELPLINES AND ORGANIZATIONS I CAN CONTACT:

- Suicide and Crisis Lifeline - Call 988
- Crisis Textline - Text TWLOHA to 741-741
- FIND HELP Tool - TWLOHA.com/find-help (for local, affordable resources)
- _____
- _____

SIGNS THAT I AM STRUGGLING:

ACTIONS I CAN TAKE TO FEEL SAFE + CARED FOR:

MY SUPPORT SYSTEM (PEOPLE, PLACES, ETC.):
