_____'S SAFETY PLAN

" just keep moving forward "



Step 1: My Warning Signs



Step 2: My Coping Strategies

- _____
- _____
- _____



Step 3: People and Places that provide Distraction



Step 4: People whom I can ask for Help during a crisis

1. Name:
   Contact:
2. Name:
   Contact:
3. Name:
   Contact:

Step 5: Professionals or Agencies I can contact during a crisis



1. Name:
   Contact:
2. Name:
   Contact:
3. Name:
   Contact:
4. Name: Samaritans of Singapore (SOS)
   (24/7 Suicide Prevention)
   Contact: 1767



Step 6: Making my Environment Safer

One thing I look forward to...

_____

_____



_____