

# AFTER THE CALL



## Safety Plan

**These feelings will pass!**

What do I need to do to reduce the risk of me acting on my feelings of being overwhelmed using, self-harming?

What warning signs or triggers are present, that can make me feel more out of control?

What have I done in the past that helped? What ways of coping do I have?

What will I do to help calm and soothe myself:

What will I tell myself? Could be a mantra, quote, inspirational sentence, etc.

What would I say to a friend that I know is feeling the same way?

What could others do that would help?

**People I can call:**

Friend or relative:

Professionals:

Hotlines:

Other: