

PERSONAL SAFETY PLAN WORKSHEET

What are the warning signs I need to look out for?

What coping strategies reduce my stress?

Who can I contact to help distract me?

Name _____ Phone Number _____

Name _____ Phone Number _____

Name _____ Phone Number _____

Which professionals can I get help from?

Agency or service contact name _____ Phone Number _____

Agency or service contact name _____ Phone Number _____

Agency or service contact name _____ Phone Number _____

How can I make my environment safer?

