

# My Mental Health Safety Plan



**Remember:**  
Help is always available.

1

My warning signs are:

\*These can be thoughts, feelings, or behaviors that indicate you are at risk.







2

My effective coping strategies are:

\*These are things you can do to help lift your mood, like meditation or exercise.







3

People I can reach out to for distraction:

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

4

People I can reach out to for help:

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

5

Steps I can take to make my environment safer. Please list:

6

In the event of a crisis:

Genesee Health System Crisis Line: [\(877\)346-3648](tel:(877)346-3648)  
Genesee Health System Text Line: ["FLINT" to 741741](text:FLINT)  
National Suicide Prevention Lifeline: [\(800\)273-8255](tel:(800)273-8255)

