

# Emotional Safety Plan

Triggers you can identify (thoughts, images, mood, situation, behavior)

1.

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2.

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3.

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Things I can do to take my mind off my problems without contacting another person (relaxation techniques, physical activities)

1.

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2.

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3.

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One thing that is most important to me and worth living for is:

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People in my support system that I can ask for help:

1. Name:	Phone:
2. Name:	Phone:
3. Name:	Phone:

**Important Numbers You Can Call When You Are Experiencing A Crisis:**

24/7 WRAP Hotline: 800-273-8712

988 Suicide & Crisis Lifeline: Call or text 988



My WRAP Advocate: \_\_\_\_\_

Advocate's Phone: \_\_\_\_\_