



# My Support Plan

## 1. My warning signs are:

How do you know when you need support?  
What does your body tell you?

## 2. My effective coping strategies are:

List your self-care, mindfulness, and stress management tools.

## 3. My distractions and safe spaces:

What are some activities you can do or places you can go

1:

2:

3:

## 4. People that I can reach out to for support are:

Person 1:

Person 2:

Person 3:

## 5. Boundaries that I can set to protect my mental health :

Please List

1.

2.

3.

4.

## 6. In the event of a crisis:

Call Emergency Contact #1:

Call Emergency Contact #2:

**988** SUICIDE & CRISIS  
**LIFELINE**