



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