SAFETY PLAN	SAFETY PLAN
I will cope, calm & soothe myself by:	I will cope, calm & soothe myself by:
I will tell myself:	I will tell myself:
I will call: 🕿	I will call: ☎
I will go to: →	I will go to: →
SAFETY PLAN	SAFETY PLAN
I will cope, calm & soothe myself by:	I will cope, calm & soothe myself by:
I will tell myself:	I will tell myself:
I will call: 🕿	I will call: 奮
I will go to: →	I will go to: →
SAFETY PLAN	SAFETY PLAN
I will cope, calm & soothe myself by:	I will cope, calm & soothe myself by:
I will tell myself:	I will tell myself:
I will call: 🕿	I will call: 🕿
I will go to: →	I will go to: →
SAFETY PLAN	SAFETY PLAN
I will cope, calm & soothe myself by:	I will cope, calm & soothe myself by:
I will tell myself:	I will tell myself:

I will call: 🕿

I will go to: →

I will call: 🖀

I will go to:  $\rightarrow$