

SAFETY PLAN

▪ **Important things worth living for are:**

- | | |
|-----------|-----------|
| 1.) _____ | 2.) _____ |
| 3.) _____ | 4.) _____ |

▪ **Warning signs that problems may be developing/returning:**

- | | |
|-----------|-----------|
| 1.) _____ | 2.) _____ |
| 3.) _____ | 4.) _____ |

▪ **I can make my environment safe by:**

▪ **Things I can do on my own to cope:**

- | | |
|---|---|
| 1.) _____ | 2.) _____ |
| 3.) _____ | 4.) _____ |
| 5.) USE TAO https://us.taoconnect.org/login | 6.) BOBCAT MENTAL WELLNESS VIDEOS |

▪ **People who can help distract me:**

- 1) _____ 2) _____ 3) _____

▪ **Positive environments I can go to:**

- 1) _____ 2) _____ 3) _____

▪ **People I can ask for help:**

- 1) _____ 2) _____ 3) _____

▪ **Professionals I can ask for help:**

- 1) Counseling Center: LBJ Student Center 5th floor or 512-245-2208, select option 2 if after-hours
- 2) 911 or go to local ER: Christus Santa Rosa- 1301 Wonder World Drive, San Marcos / St. David's- 2400 Round Rock Ave., Round Rock
- 3) Local 24/7 Crisis Hotline: 1-877-466-0660
- 4) National Suicide Hotline: 988 or 1-800-273-8255
- 5) National Crisis Text Line: text HOME to 741741
- 6) Other: _____

▪ **Follow-up Plan:**
