



California Consortium of
Addiction Programs and
Professionals

I AM STRUGGLING WHAT DO I DO TO STAY SAFE?

You're not alone. Support is available.

Scan the QR code to access trusted resources from Counselor Magazine, including articles and educational videos that address suicide awareness, safety planning, and professional guidance.

If you need immediate support:

 **CRISIS TEXT LINE** - Text HOME to 741741

 **988** - Call or Text HELLO to 988

 **EMERGENCY?** Call 911



**Scan here for
Counselor CE
webinars.**



**Scan here to read
Counselor Magazine
articles.**

MY SAFETY PLAN

A personal guide to staying grounded, supported, and safe during difficult moments.

1 Things That Increase My Stress

What tends to set off difficult emotions or start a downward spiral.



2 Signs I'm Struggling

How I can tell I'm not doing well – and how others might notice too.



3 What Usually Helps Me Cope

Healthy strategies, grounding techniques, or distractions that support my well-being.



4 How Others Can Support Me

Helpful Actions:

What others can do that makes a positive difference.



Unhelpful Actions:

What others should avoid because it may make things harder.



5 Making My Space Feel Safer

Ways I can adjust my environment to feel more stable and supported.



6 People I Can Reach Out To

My trusted contacts – friends, family, mentors, or professionals.

Names & Numbers:
