



## MY SAFETY NET

*There are times in our lives when we need someone to go to for support. Whether it's school, home, friend-related, or if it's something personal, there are people you can go to on and off campus for assistance. You may/should refer to this plan throughout the school year, as needed, as the purpose is to remind you of supports available to you, as well as coping strategies you may find effective.*

### Support Network

Below please list who are your go-to people on and off-campus.

School Counselor: \_\_\_\_\_ Email: \_\_\_\_\_

School Psychologist: \_\_\_\_\_ Email: \_\_\_\_\_

Administrator: \_\_\_\_\_ Email: \_\_\_\_\_

Adult I feel comfortable speaking with: \_\_\_\_\_ Contact info: \_\_\_\_\_

Family member: \_\_\_\_\_ Contact info: \_\_\_\_\_

Teacher: \_\_\_\_\_ Contact info: \_\_\_\_\_

Friend 1: \_\_\_\_\_ Contact info: \_\_\_\_\_

Friend 2: \_\_\_\_\_ Contact info: \_\_\_\_\_

Friend 3: \_\_\_\_\_ Contact info: \_\_\_\_\_

### Warning Signs

These are the typical warning signs that you should lookout for regarding yourself or someone else.



Personality changed?



Agitated?



Withdrawn?



Poor self-care?



Hopeless?

What are my warning signs that it's time for me to practice coping strategies?

- Shortness of breath
- Shakey
- Sweaty palms
- Can't think straight

- Disinterested in participating in activities that I normally enjoyed
- Sleeping too much or too little

- Change in appetite
- Stomach (frequent)
- Headache (frequent)
- Withdrawing myself

Other:



### **Coping Strategies**

When I'm feeling stressed, overwhelmed or low, my healthy coping strategies are:

- |                                                                                                      |                                                                                                        |
|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Talking to someone from my go-to list                                       | <input type="checkbox"/> Journaling                                                                    |
| <input type="checkbox"/> Physical exercise (playing a sport, dancing, going for a walk or run, etc.) | <input type="checkbox"/> Coloring mandalas (coloring designs)                                          |
| <input type="checkbox"/> Taking a break                                                              | <input type="checkbox"/> Listening to a Mindfulness App (Calm, Smiling Mind, Headspace, Breathe, Aura) |
| <input type="checkbox"/> Deep breathing                                                              | <input type="checkbox"/> Counting down slowly from 10                                                  |
| <input type="checkbox"/> Listening to music                                                          | <input type="checkbox"/> Closing eyes and imaging your peaceful place                                  |
| <input type="checkbox"/> Playing a musical instrument                                                |                                                                                                        |
| <input type="checkbox"/> Making a list of things I need to do to organize my thoughts                |                                                                                                        |
| <br><input type="checkbox"/> Other:                                                                  |                                                                                                        |
| <br><input type="checkbox"/> Other:                                                                  |                                                                                                        |
| <br><input type="checkbox"/> Other:                                                                  |                                                                                                        |

### **Crisis Support**

If you or a friend's safety is at-risk, please tell an adult immediately.

National Suicide Prevention Hotline 1-800-273-8255, [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Notes: