BELIEVE you MATTER

Creating Your Personal Safety Plan

Everyone has tough days. A safety plan helps you stay grounded and remember what works for you when things feel overwhelming. You don't have to wait for a crisis to make one. It's a way to take care of yourself and stay connected to support.

Step 1: Know your warning signs

Notice the signs that tell you when it's time to reach out.

- Feeling like you're stuck and things won't change
- Wanting to be alone more than usual
- Losing interest in things you usually enjoy
- Thinking about hurting yourself

What are your personal warning signs?
Write them down.

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Step 2: List your coping strategies

Here are some ideas for feeling calmer or more in control.

- Creating a playlist of songs that lift you up
- Drawing, writing or journaling
- Watching a favorite show or reading
- Playing with a pet
- Breathing exercises or mindfulness
- Going for a walk or other physical activity
- Talking to a friend

What works for you? Circle ideas in the list above or write down your own.

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Step 3: Identify your support people

You don't have to go through hard stuff alone. Think about who makes you feel safe and heard.

- A friend who listens
- A parent/guardian or older sibling
- A trusted adult at school, like a school counselor or school social worker
- A counselor or therapist

Write down their names and phone numbers.

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Step 4: Know where to get help

It's okay to ask for help. People are here for you.

- Call, text or chat 988
- School counselor or school social worker
- Local mental health clinic or youth support program

Add phone numbers or links so you have them ready.

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Need help right now?

TEXT, CALL, CHAT

988

Text, call or chat 988 anytime for free, confidential help. Counselors are caring, trained and available to talk in English, Spanish and other languages.

You matter. Help is here.

Scan QR code or visit **beavertonsd.org/BYM** to learn more.

BEAVERTON SCHOOL DISTRICT