

My Safety Plan

**You have the right to feel safe at
home or in your relationship**

Emergency Services: **911**

Crisis Hotline: **262-334-7298**

My Emergency Contact:



My warning signs are:

*These can be thoughts, feelings, or behaviors that show you are in an unsafe situation.

Things that help me feel better are:

*These are things you can do to help you feel better, like taking deep breaths or moving your body.



People I can talk to or play with when I need a break:

Name

Phone #

People I can reach out to for help:



Name

Phone #

Ways I can help make my home safer:



Ways I can help make my school safer:

