



My Safety & Wellness Journal

A personal guide for crisis
planning & daily wellness

In crisis right now?
Call or text 988 — Suicide & Crisis Lifeline
Free · Confidential · Available 24/7

This Journal Belongs To

Name:

This journal is yours to keep.

Section 1 contains your personal Safety & Crisis Plan, developed with your care team using an evidence-based process designed to help you stay safe during difficult moments. It belongs to you. Update it whenever your life changes.

The rest of this journal is a space for your thoughts, your goals, and your daily wellness. Use what helps. Leave what doesn't. There is no wrong way to move through these pages.

On the hardest days, your plan is in Section 1.
Your crisis contacts are on Step 5.

Support is always one call away.



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The safety planning structure in Section 1 is grounded in the Safety Planning Intervention framework (Stanley & Brown, 2012). The specific language, design, and supplementary tools in this journal are original works protected under U.S. copyright law.

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Where *Experience and Evidence* meet *Empathy*.

Section 1

My Safety & Crisis Plan

The six steps below make up your personal safety plan. You build this together with your care team, or on your own. It is designed to help you recognize when you are struggling and know exactly what to do next, before a crisis reaches its peak.

1 My Warning Signs
Thoughts, feelings, and behaviors that signal I may be struggling

2 Coping Strategies I Can Use On My Own
Things I can do by myself to manage distress

3 People & Places for Distraction
Contacts and places that help me get out of my head

4 People I Can Ask for Help
Trusted people who can support me when I am struggling

5 Professional & Crisis Resources
My clinician, crisis lines, and emergency contacts

6 Making My Environment Safer
Steps I can take to reduce risk before a crisis occurs



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1

Step 1 of 6 · My Safety & Crisis Plan

My Warning Signs

Warning signs are the thoughts, feelings, behaviors, or situations that come before a crisis. Write as much or as little as feels true for you.

THOUGHTS I NOTICE



FEELINGS I NOTICE



BEHAVIORS I NOTICE



SITUATIONS THAT ARE HARD FOR ME



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Coping Strategies I Can Use On My Own

These are things you can do by yourself, no phone call needed, to help manage distress when you first notice your warning signs.

THINGS THAT CALM MY BODY

THINGS THAT CALM MY MIND

PLACES I CAN GO TO FEEL MORE SAFE OR GROUNDED



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People & Places for Distraction

These contacts are for connection and distraction, not necessarily crisis help. Sometimes getting out of your head means getting around other people.

NAME

PHONE

HOW THEY HELP ME

NAME

PHONE

HOW THEY HELP ME

NAME

PHONE

HOW THEY HELP ME

PLACES I CAN GO



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People I Can Ask for Help

These are people you trust to tell when you are struggling, people who can listen, stay with you, or help you get to care. It is okay if this list is short. One trusted person is enough.

NAME

PHONE

HOW THEY SUPPORT ME

NAME

PHONE

HOW THEY SUPPORT ME

NAME

PHONE

HOW THEY SUPPORT ME

You do not need permission to reach out to these people.

That is what they are here for.



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Professional & Crisis Resources

If the steps above have not helped and you are still in crisis, contact a professional. Fill this in with your care team so it is ready when you need it.

MY CARE TEAM

CLINICIAN NAME

CLINIC PHONE

AFTER-HOURS LINE

NEXT APPOINTMENT

CRISIS LINES — ALWAYS AVAILABLE

988 Suicide & Crisis Lifeline

Call or text 988

Crisis Text Line

Text HOME to 741741

Emergency services

Call 911

MY NEAREST EMERGENCY ROOM

NAME

ADDRESS

You do not have to be in immediate danger to call 988.

If you are struggling, reaching out is the right move.

Making My Environment Safer

During a crisis, access to certain items can increase risk. This step is about reducing that access in advance, when you are thinking clearly and can plan ahead.

THINGS I CAN REMOVE OR SECURE FROM MY HOME

PEOPLE WHO CAN HELP ME SECURE MY ENVIRONMENT

NAME	PHONE
NAME	PHONE

STEPS I WILL TAKE BEFORE MY NEXT CRISIS

Completing this step takes courage.

Your care team can help you think it through.



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This space is yours.
Healing is not a straight line.
Some days will be harder than others.
This journal does not ask you to be perfect.
It only asks you to keep going. Write, draw, or leave
it blank, whatever feels right.

*This space is yours. Write, draw, or leave it blank, whatever
feels right. Your plan is in Section 1.
Your people are a phone call away.
And support is always available.*

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Crisis Text Line — Text HOME to 741741
Emergency services — 911

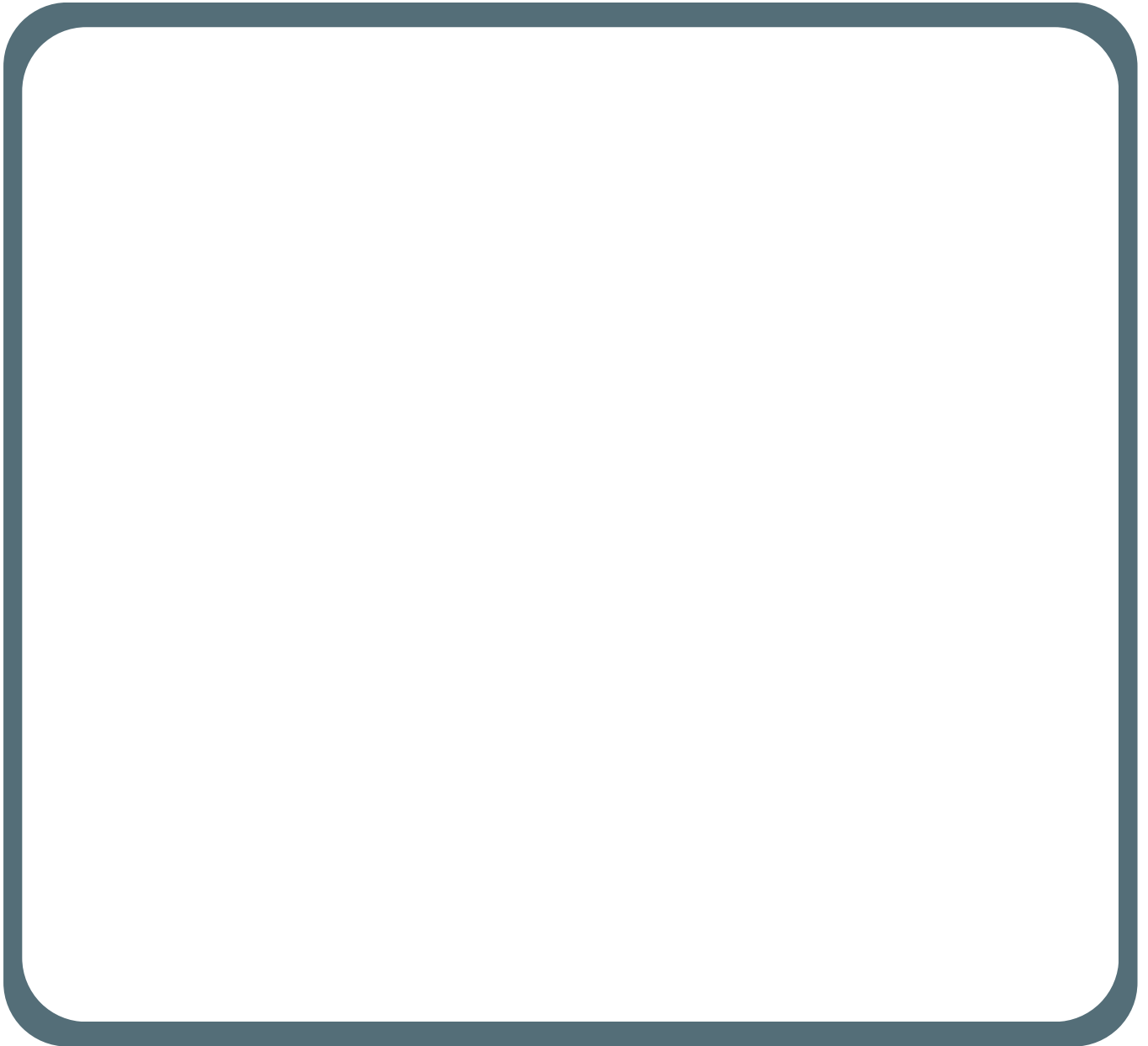


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My Notes & Reflections

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Daily Wellness Tools

Safety is not only managed in a crisis. It is built daily in small acts of self-awareness, honest reflection, and self-compassion. The tools in this section are here to support you on the ordinary days as much as the difficult ones.

Use what helps. Leave what doesn't.

Come back to any page whenever it feels right.

Anxiety Log

Track patterns over time

Coping Skills Tracker

Notice what works

Reasons for Living

Anchor to what matters

Safety Tracker

Monitor your wellbeing

Problem Solving

Work through what is hard



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1 Section 2 · Daily Wellness Tools

Anxiety Log

Use this log to track anxious moments over time. Patterns often reveal important information about your triggers and what helps most.

DATE & TIME

ANXIETY LEVEL (1–10)

WHAT WAS HAPPENING

WHAT I FELT IN MY BODY

WHAT HELPED



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Coping Skills Tracker

Track the coping skills you use and whether they help. Over time, this builds a personal evidence base, and you will start to see clearly what works best for you.

DATE

SITUATION OR TRIGGER

COPING SKILL I USED

DID IT HELP?

WHAT I WANT TO REMEMBER



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Reasons for Living

On the hard days, it can be difficult to remember what matters.

*This page is here to hold those things for you, so you can find them
when you need them most.*

PEOPLE IN MY LIFE

THINGS I LOOK FORWARD TO

PERSONAL VALUES & BELIEFS

WHAT I WANT TO EXPERIENCE

*Come back to this page often, and add to it whenever something
new comes to mind.*



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Safety Tracker

Use this tracker to check in with yourself regularly. Noticing patterns in your safety and wellbeing helps you and your care team understand what is working and what needs attention.

DATE

SAFETY LEVEL (1–10)

HOW I AM FEELING TODAY

WARNING SIGNS I NOTICED TODAY

WHAT HELPED ME STAY SAFE TODAY



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Problem Solving

When something feels stuck or overwhelming, breaking it down helps. Write out the problem, explore your options, and choose one step forward.

THE PROBLEM I AM TRYING TO SOLVE

POSSIBLE SOLUTION	WHAT COULD HAPPEN?

THE STEP I WILL TAKE



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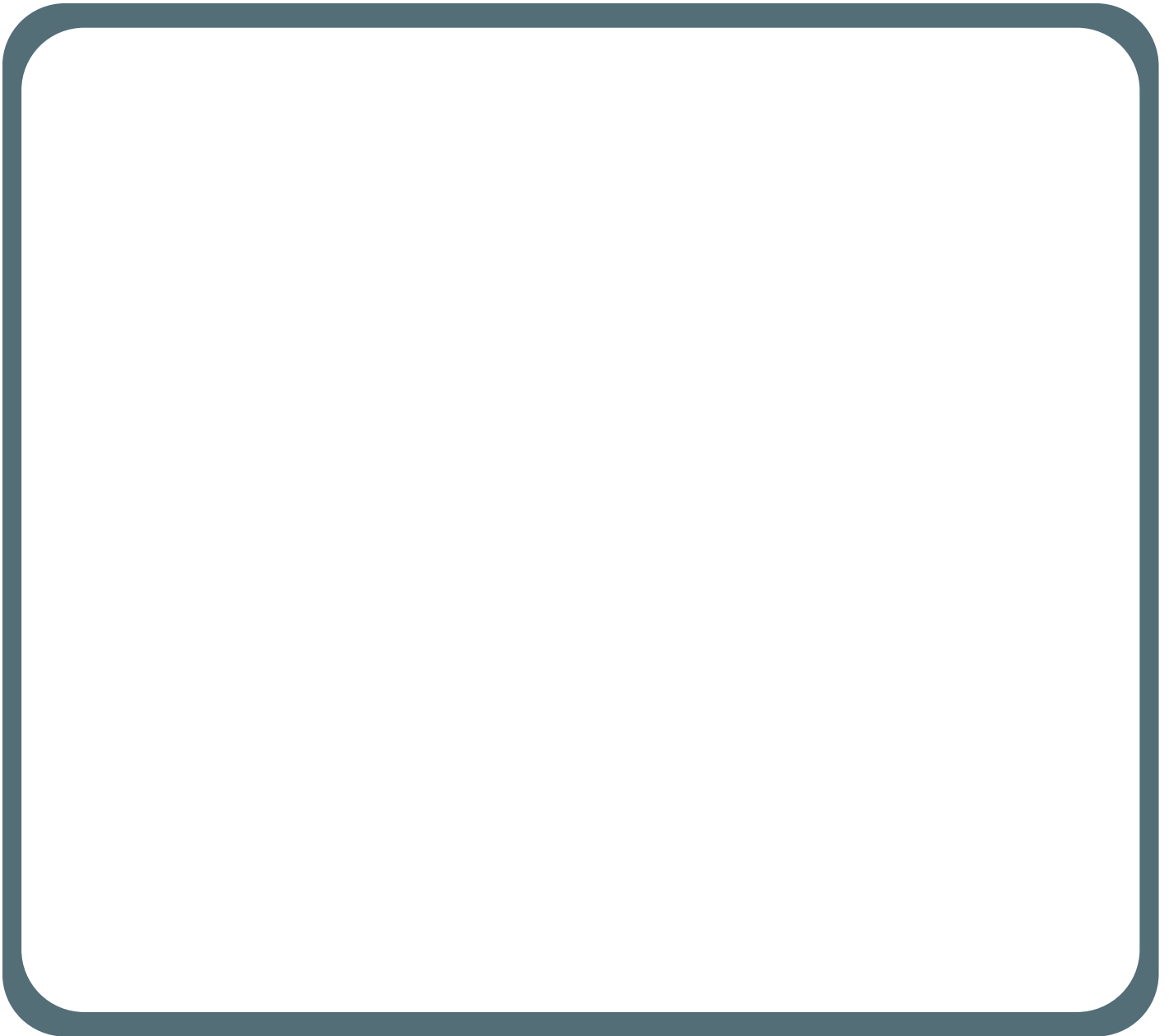
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