

# My Safety / Support Plan

*How I feel & what I can do*

This is a plan for (name):

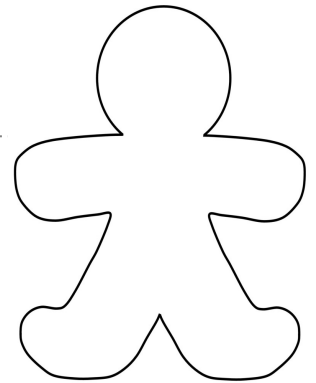
Date:

Person who helped me make this plan:

The difficult feelings I sometimes have are:

→ When and where do I feel like this?

Where  
are the  
feelings  
in my  
body?

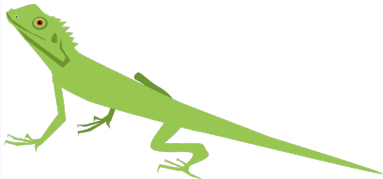


## Lizard Brain Help

(Calming or Expressing Safely)

How can I help myself feel calmer?

How can I get the feelings out safely?



## Wizard Brain Help

(Problem-Solving)

What can I remind myself of?

What steps can I take?



Goals for taking care of myself

(Food, water,  
sleep, exercise,  
friends, screens, etc?)

People who I can talk to when I feel like this:

(Include at least one grownup!)

Secret phrase to let them  
know when I want to talk:

Other grownups who can help

→ A help phone or text number:

→ A helping group or kids counsellor:

→ Other good supports (sports team / religious group / club / etc):

