

# Crisis Connection

## My Own Safety Plan

My name is: \_\_\_\_\_

My address is: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

When I get scared I can think about: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

When I get scared I can go to: \_\_\_\_\_

\_\_\_\_\_

When I feel sad or afraid I can talk to: \_\_\_\_\_

These are the doors that I can use to get out of my house if I need

to get help: \_\_\_\_\_

\_\_\_\_\_

In an emergency I can: \_\_\_\_\_

\_\_\_\_\_



**Crisis Connection, Inc.**  
**24-Hour Hotline**  
**1-800-245-4580**  
[www.crisisconnectioninc.org](http://www.crisisconnectioninc.org)



## My Important Phone Numbers



My phone number is: **(812)** \_\_\_\_\_

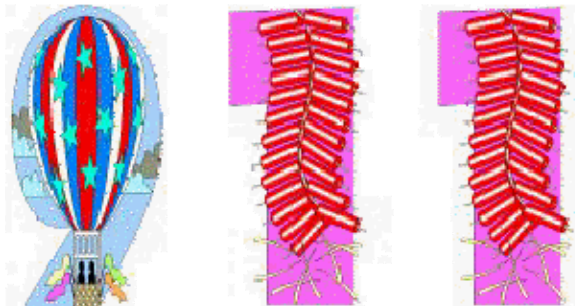
The police number is: **(812)** \_\_\_\_\_

The fire department number is: **(812)** \_\_\_\_\_

My neighbor's number is: **(812)** \_\_\_\_\_

My friend's number is: **(812)** \_\_\_\_\_

My grandma's number is: (    ) \_\_\_\_\_



**If I forget or lose an important phone number, I can call the police by dialing 911.**

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