

SAFETY PLAN

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| SPIRITUAL | |
|----------------------------|-----------------------------------|
| WHAT ARE MY WARNING SIGNS? | |
| | ALTHY ACTIVITIES I CAN ENGAGE IN: |
| | |
| MY CIRCLE OF HELP: | |
| | |
| | HOW DO I LIKE TO BE SUPPORTED? |
| | |
| WHAT ARE MY STRENGTHS? | |
| | |
| | MY REASONS TO LIVE: |
| | |