

How my life might be different in 5 years

How my life might be different in 10 years

Reasons I want to live

1.

2.

3.

4.

5.

I will make my environment safe by _____

Professionals I can call for help

Doctor Emergency Contact _____

Local Mental Health Help Line _____

National Suicide Prevention Help Line _____ 1-800-273-8255

Crisis Text Line - text "GO" to 741741 available 24/7

If I know a friend is in trouble I promise to tell _____

I (child) promise to use this plan and ask for help _____

I (caregiver) promise to offer support without judgement _____