

Make a **CODE RED** Safety Plan

A safety plan is designed to be a safety net when you are in crisis or having your worst day. It is important to plan ahead and be prepared by making a safety plan before you are in crisis or having your worst day. Keep your plan easily accessible so that if/when the day comes, you will have a plan to keep yourself safe and connected to help.

Instructions: Take time to fill in each block of your safety plan. Draw, write or stick pictures from a magazine inside each block of your safety plan. This is **YOUR** plan and unique to you. Your plan may change and that's okay, you can update it any time you want to!

Note: If you have made your contact, done your delay decisions, relax and distract and you are still needing help please call, text or chat 988 where someone is there to help 24/7.

CODE RED

CONTACT

Who is a trusted adult I can reach out to, to help me?
i.e: teacher, coach, youth pastor, mentor

DELAY DECISIONS

What are my reasons for living? What are the things that will help delay me from making any decisions that could harm myself?
i.e: goals, dreams, pets, people in my life

Always call 911 if you are in immediate danger of harming yourself.

Suicide & Crisis Lifeline: call or text 988
dial 2 for Spanish speakers
dial 3 for LGBTQIA+ specific support

Crisis Text Line: text "KY" to 741-741

Kentucky School STOP tip line (to report bullying, violence, or other school issues, anonymously if desired): 866-393-6659

What helps me calm down? What will slow my breathing and relax my body?
i.e: yoga, walking, nap, bath, music.....

RELAX

What can keep my mind off things upsetting me? What can I do in 30 seconds, 3 minutes, 30 minutes, or longer that will help?
i.e.: watch a silly video, listen to a song, organize, play outside, read a book, play with a pet

DISTRACT