

# My Safety Plan

Name:

Date:

What are my warning signs that a crisis may be developing?

What are some ways I can help myself at school?

Who are people I can call if I need help?

Name

Phone #

Name

Phone #

Name

Phone #

Who will I contact in case of an emergency:

Call 911

National Suicide Prevention Lifelines Hotline 1-800-273-8255 (TALK)

Norman Regional Hospital Emergency Room (405) 307-5555



SHARON HEATLY  
DIRECTOR OF GUIDANCE AND COUNSELING  
131 S. FLOOD, NORMAN, OKLAHOMA 73069  
(405) 573-3511 | FAX (405) 573-3505  
MAY 2016