



Staying Safe

from suicidal thoughts

- 👥 ANYONE can have a Safety Plan
- ⚠️ A Safety Plan can help you or someone you know get through tough times
- 📄 Clear, easy to read with supportive step by step videos
- ♥️ Like putting on your seatbelt, it's there for you just in case

A **free** resource to help you or someone you're worried about make a Safety Plan

To visit, scan QR Code:



www.StayingSafe.net

