

## Emotional Safety Plan

Creating an emotional safety plan can help remind you or teach you how to take care of yourself when in crisis. When feeling overwhelmed, anxious, or just down it's important to have identified tools, people, and places that can help bring you back to a leveled emotional state. By preparing an emotional safety plan, it will be easier to maintain stability in the moment of a crisis. You can provide a copy of this plan to anyone you feel comfortable sharing it with. It's helpful to share with those supports who will be helping you through a crisis, so they know what will work best for you. Keep this plan in a safe but accessible place for easy access when needing to use it. Finally, remember that this is a living document. Meaning it's going to change over time. Revisit your plan every once and a while to make sure it's accurate to how you're feeling in the present.

Reminder: An emotional safety plan isn't just for those experiencing mental health concerns. They are for everybody! Every now and then every single person experiences emotional distress. That's why it's important for everyone to have an emotional safety plan to refer to in time of need.

## Important Contacts/Supports

### Indiana Tech Campus Counseling Center

260-266-8060

800-721-8809

[Counseling@indianatech.edu](mailto:Counseling@indianatech.edu)

Andorfer Commons, Student Affairs

### Indiana Tech After Hour Crisis Line

260-466-1867

### Parkcenter Walk-in Clinic

260-481-2700

2710 Lake Ave, Fort Wayne, IN 46805

### Indiana Tech Campus Safety

Direct: 260-399-2805

Mobile: 260-740-6642

Campus: 260-422-5561 ext 2230

[security@indianatech.edu](mailto:security@indianatech.edu)

Andorfer Commons, 144

### National Suicide Hotline

800-273-8255

988

### National Crisis Text Line

741741

### Indiana Tech Mental Health Assistance

Jozy Garrison

260-422-5561 ext 2158

[JAGarrison@indianatech.edu](mailto:JAGarrison@indianatech.edu)

Andorfer Commons, Student Affairs

### Trevor Project LGBTQ Hotline

Call: 1-866-488-7386

Text: 678678

### Personal Supports:

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

1. Ask yourself: "When I'm not okay, what happens to my thinking? To my body? To my senses?"

a. How does my thinking change?

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b. How does my body react?

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c. How do my senses react?

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2. Identifying triggers can help you be better prepared for certain situations. What are some triggers that affect you emotionally?

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3. Coping skills are tools to help us manage and reduce stress.

a. Some coping skills that help me manage stress are:

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b. Some coping skills that help me relax are:

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c. If I am having thoughts of hurting myself, I will:

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4. People, places, and things...

a. People I can reach out to when in need:

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b. Places that make me feel safe are:

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c. Things I need to make me feel safe and calm:

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d. Some things I can do to make me feel safe while in public or other social spaces are:

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5. Taking care of your mind, body, and soul are important to maintain self-care, especially after or during an emotional situation.

a. Activities I can do to rest are:

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b. Activities I can do to connect with my body are:

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c. Activities I can do to move my body are:

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d. Activities I can do to process my emotions are:

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6. The things we read, watch, and hear can also have an impact on our wellbeing. When in emotional distress, what can I watch or listen to that will make me feel good and be positive?

a. Some social media accounts that make me feel good are:

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b. Some shows or movies that uplift me are:

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c. Some podcasts, books, or songs that make me feel good are:

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d. If I'm feeling bad about myself, some things I can do to help me remember how strong I am are:

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