

What Safe Looks Like Today

Put words to what safety means for you right now, and what is still missing.

WHEN TO USE THIS

Use this when you are trying to work out what would actually help you feel safer.

If you are not safe right now, call or text **988**, the Suicide and Crisis Lifeline, or 911 in an emergency. Do it now.

Finish this line: I feel safest when...

What you already have, and what is missing.

ALREADY THERE

STILL MISSING

Where do you feel safest?

- ☐ At home
- ☐ At a friend's place
- ☐ Outside, on my own
- ☐ At work
- ☐ In my car
- ☐ Around other people
- ☐ In one particular room
- ☐ Nowhere much right now

What is one thing on the missing side you could ask for help with?

Safe is not all or nothing. Every piece of it counts.

