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| **My Safety Plan** |
| **Things that are helping me to get through right now** |
| **What can make my situation safer** |
| **Things I can do to lift and calm my mood** |
| **Things I can do to distract myself** |
| **People who are in my social network** |
| **List who you can talk to if you are distressed or thinking about self-harm or suicide** |
| **Emergency professional support** |