

My Hope Plan

What are three things in my life I am thankful for?

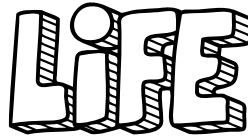


What are my goals and dreams for the future?



What is one thing and one person that makes my life worth living?

T
H
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G



P
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What are the triggers/warning signs that I might be getting upset?

What are three things I can do to distract myself when I get upset?

Who are three different people I can contact when I need help?



988
SUICIDE
& CRISIS
LIFELINE

What are 2 things I can do to make sure I am safe?

What gives me hope today?

H
P
E