SAFETY PLAN TIPS

Your well-being matters. Stay prepared & take care of yourself

- **Stay In Touch** Let someone know where you are or going.
- Trust Your Instincts If a situation feels unsafe, leave.
- **Stay Aware** Avoid distractions like headphones.
- Travel In Groups There's safety in numbers.
- Plan Your Route Know safe places nearby (friendly businesses & households).
- Carry Essentials IDs, cash, phone charger, and emergency contacts.



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MENTAL HEALTH & SELF-CARE

- Check In With Yourself Your feelings are valid.
- Create A Safety Routine Regular self-care, such as support groups, journaling, and grounding techniques, etc.
- **Prepare** Fill out this plan, carry a whistle, and take care of physical and emotional self.
- Limit News/Social Media Reduce exposure to harmful rhetoric & be aware of who has access to your information.
- Move Your Body Walk, dance, stretch, or breathe, etc.
- **Connect** Find LGBTQ+ affirming spaces and people.

EMERGENCY ESCAPE Ä PLAN Ä

- Safe Contacts Have a list of people you can stay with.
- Pack A Go-Bag Include IDs, medication, clothes, and important documents.
- **Transportation** Identify ways to leave (bus, train, ride-share, trusted friend).
- Secure Digital Info Use a PIN or emergency contact list.
- Legal Help Know your rights; contact LGBTQ+ legal aid if needed.

GETTING THROUGH

What Helps Me Feel Closer to Myself, My Community, and My World?

What personal and professional individuals/communities support me and my wellbeing? (use coded names and #'s)

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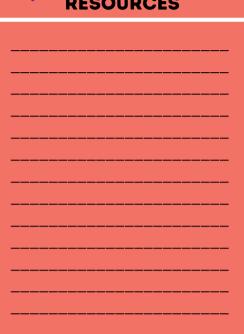
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KNOW YOUR RIGHTS

- **Right To Safety** You deserve to exist safely in public spaces.
- Right To Emergency Care Hospitals must treat you regardless of gender identity or sexuality.
- **Right To Seek Asylum** If unsafe, LGBTQ+ asylum options exist.
- · Right To Report Discrimination
- Contact the ACLU or Lambda Legal for legal help.

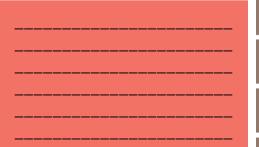




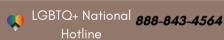
YOU ARE NOT ALONE... YOU ARE LOVED.

For More Info/Safety Plan Cards: www.EmpoweringCourage.org

COMMUNITY RESOURCES



HOTLINES/RESOURCES





1-866-488-7386 or text "start" to 678-678



877-565-8860



Suicide and Crisis Lifeline Call or Text 988



National
Partner Violence
Hotline

800-799-7233

LGBTQ+ Legal Aid lambdalegal.org/help (Lambda Legal)



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MY SAFETY PLAN



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