

## 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.



## 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



### PLAN



- **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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 **COMMUNITY RESOURCES** 

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 **HOTLINES/RESOURCES** 

 LGBTQ+ National Hotline **888-843-4564**

 Trevor Project (LGBTQ+ Youth) **1-866-488-7386**  
or  
text "start" to **678-678**

 Trans Lifeline (Peer support) **877-565-8860**

 Suicide and Crisis Lifeline **Call or Text 988**

 National Partner Violence Hotline **800-799-7233**

LGBTQ+ Legal Aid (Lambda Legal) **[lambdalegal.org/help](http://lambdalegal.org/help)**



**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.



**MY SAFETY PLAN**



**YOU ARE NOT ALONE... YOU ARE LOVED.**

For More Info/Safety Plan Cards:  
[www.EmpoweringCourage.org](http://www.EmpoweringCourage.org)

 **COMMUNITY RESOURCES** 

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