Anytime Safe Action Plan

List **Safe Places**, **Safe Faces**, **Safe Spaces**.

Notes: _____

Three Safe Places

Three places to go that are safe:

Specific Address	**Phone Number**
1.	
2.	
3.	

Examples: library, 7-Eleven, friend's house, public spaces

Three Safe Faces

Three people to call that are safe:

Specific Name	**Phone Number**
1.	
2.	
3.	

Examples: friends, family, local resources, hotlines, professionals, peers, advocates

Three Safe Spaces

Three things to do that are safe:

Specific Action
1.
2.
3.

Examples: self-soothing, anchoring, physical grounding, safe coping sheet, mindfulness