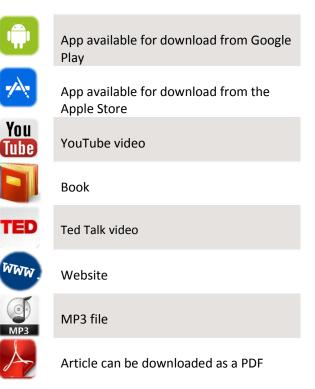
*		Operation Reach Out	Safety planning and resources	Free
-	<b>I</b>	МуЗ	Stay connected to your 3 main supports	Free
		Lifebuoy	Resources when feeling suicidal	Free
		Relieflink	Safety planning, mood tracking and coping	Free
	-	Safety Plan	Create a comprehensive safety plan	Free
	TED	Breaking the Silence	By JD Schramm	Free

## Safety Plans (Click the icons to link to resources)

## KEY





## Compiled by the Johns Hopkins University Counseling Center, 2015

Please note that while every effort has been made by the Counseling Center to provide a list of helpful resources, we do not guarantee the effectiveness of the resources provided. Your discretion is advised.