

Personal Safety Plan & Emergency Checklist

Fill this out on a calm day. Keep a copy somewhere you can find it fast — your phone, your wallet, your car, a trusted friend.

If you are in immediate danger, call 911.

For suicide or mental-health crisis, call or text **988** (24/7).

For domestic violence in Massachusetts, call **SafeLink: 877-785-2020** (24/7, multilingual).

1. My warning signs

Thoughts, feelings, situations, or behaviors that tell me a crisis may be building.

2. What helps me calm down on my own

Walk, music, prayer, breathing, a shower, a specific photo, a song — write what actually works for you.

3. People I can call (not professionals)

NAME _____

PHONE _____

NAME

PHONE

NAME

PHONE

4. Professionals & agencies

THERAPIST / COUNSELOR

PHONE

PRIMARY DOCTOR

PHONE

ATTORNEY / ADVOCATE

PHONE

5. Massachusetts crisis & support numbers

911

Immediate danger

988

Suicide & Crisis Lifeline (call or text)

833-773-2445

MA Behavioral Health Help Line, 24/7

877-870-4673

Samaritans Statewide (call or text)

877-785-2020

SafeLink — Domestic Violence, 24/7

800-632-8188

Parental Stress Line, 24/7

2-1-1

Mass 2-1-1: housing, food, basics

888-244-6843

INTERFACE Referral Service (therapist matching)

6. Make the moment safer

Things I will move, store, or hand to someone else so I am safer in a crisis (medications, firearms, alcohol, car keys, etc.).

7. My reasons to keep going

Emergency Go-Bag & Document Checklist

If you may need to leave your home suddenly, gather these now and keep them in one place — a bag in your car, with a trusted person, or in a locked drawer you can grab quickly.

Identification & legal

- Driver's license / state ID (yours and children's)
- Passports, birth certificates, Social Security cards
- Immigration / residency documents
- Marriage license, divorce papers, custody / parenting orders
- Restraining orders, police reports, 209A paperwork
- Health insurance cards, vaccination records

Money & access

- Cash in small bills
- Credit / debit cards in your own name
- Checkbook, bank account & routing numbers
- House, car, and safe-deposit keys
- Phone charger and a backup phone if possible
- Written list of phone numbers (don't rely on your phone only)

For your children

- Medications, inhalers, EpiPens, prescriptions
- Comfort item: blanket, stuffed animal, favorite book
- Change of clothes and basic toiletries
- School records, IEP / 504 plans
- Photos of the children (recent, clear face)

Evidence & records

Copies (paper or USB) of texts, emails, voicemails

Journal / log of incidents with dates and times

Medical and therapy records

Photos of injuries or property damage

Names and contact info of witnesses

Before you go

Tell one trusted person where you are going

Change passwords on email, banking, and social accounts

Turn off location sharing on your phone

Know two routes out of your home and neighborhood

Identify a safe place: friend, family, shelter (SafeLink can help find one)

Massachusetts Coalition for Family Court Reform — You are not alone. This worksheet is informational and is not a substitute for medical, legal, or crisis services.