

WORKSHEET: CREATING A COMMUNITY SAFETY AND CONNECTION PLAN

Having a sense of community creates a sense of support and belonging, which can support better mental health outcomes and reduce feelings of isolation. Connection to others may exist either in person, in virtual spaces, or through other means of communication. Use this worksheet to keep track of your current support network and make preventive plans for connection and safety.

Safety

Where do you feel most safe and comfortable?

Location _____ Location _____

Location _____ Location _____

Who can you reach out to if you need help staying safe?

Name _____ Contact info _____

Name _____ Contact info _____

Name _____ Contact info _____

Connection

Where do you feel most connected to your culture?

Location _____ Location _____

Location _____ Location _____

Who can you reach out to in order to feel more connected with your culture?

Name _____ Contact info _____

Name _____ Contact info _____

Name _____ Contact info _____

Support

Who can you reach out to in order to feel more connected with your culture?

Name _____ Contact info _____

Name _____ Contact info _____

Name _____ Contact info _____

Who in your community can you reach out to for general mental health support, or when you feel isolated or distanced from others?

Name _____ Contact info _____

Name _____ Contact info _____

Name _____ Contact info _____

What virtual spaces can you access to feel a stronger sense of safety and connection?

