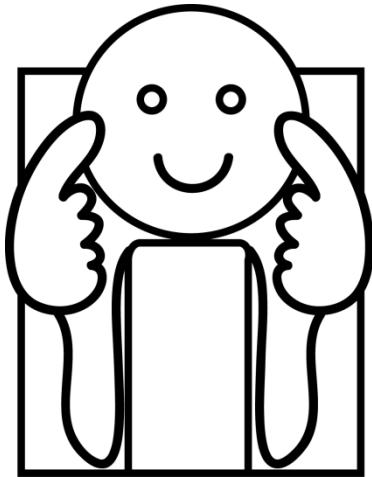
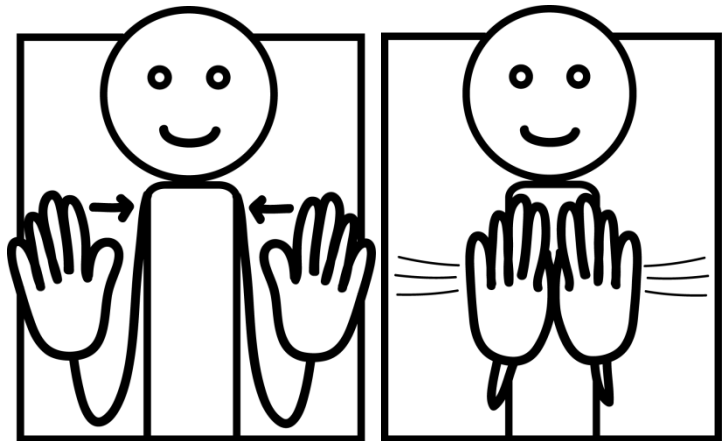


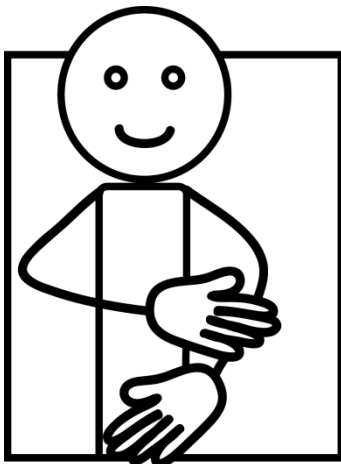
## FIVE SAFETY PLAN SIGNALS



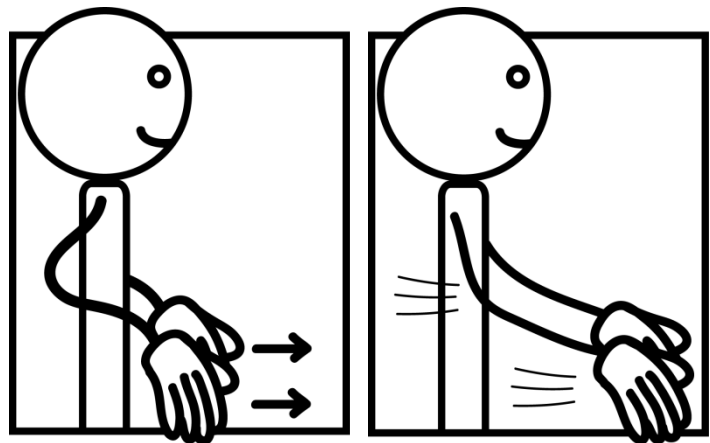
1. STAY AWARE



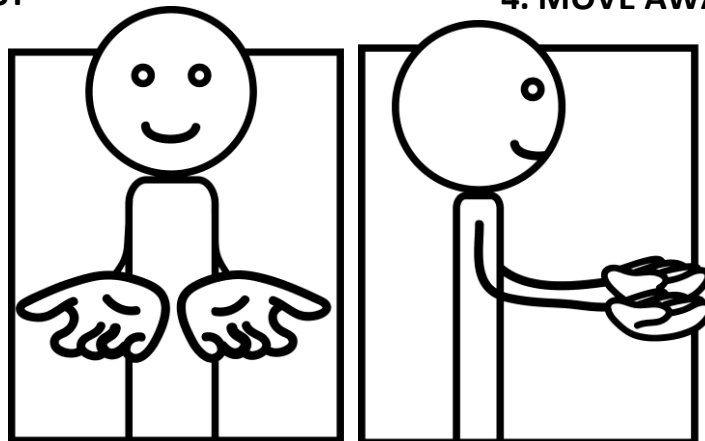
2. STAY TOGETHER



3. CHECK FIRST



4. MOVE AWAY



5. GET HELP