



# 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.

***Did you know?***

Community safety is more than just physical. Psychological safety consists of inclusion and the safety to learn, contribute, and challenge the status quo.

## SAFETY

Location _____	Location _____
Location _____	Location _____
Name _____	Contact info _____
Name _____	Contact info _____
Name _____	Contact info _____

## CONNECTION

Location _____	Location _____
Location _____	Location _____
Name _____	Contact info _____
Name _____	Contact info _____
Name _____	Contact info _____

## SUPPORT

Name _____	Contact info _____
Name _____	Contact info _____
Name _____	Contact info _____
Name _____	Contact info _____
Name _____	Contact info _____
Name _____	Contact info _____
_____	_____
_____	_____