

FREQUENTLY ASKED QUESTIONS (FAQ)

Q: *Who should have a Safety Plan?*

A: Anyone can benefit from a Safety Plan.

Q: *Can building a Safety Plan be done in collaboration with a mental health professional?*

A: Yes. While this plan can be created on your own, working with a clinician or other mental health professional while building the safety plan can help you feel supported, add resources, and assist you in sticking to the plan.

Q: *How does the Safety Plan work?*

A: You create a Safety Plan to use when you're in a crisis. Having it written down and planned out means you don't have to develop a plan when the crisis is happening -- it'll be ready to go when you need it.

Q: *Do I have to stick to what I choose now for my Safety Plan?*

A: No, the plan is flexible, and you can add and change items as needed.

Q: *How do I get back to my Safety Plan after I make it?*

A: When you finish creating your safety plan, you'll have the option to send it to yourself as a text or email. You'll also be able to save it directly to your device as a PDF.

Q: *Is my data secure and confidential?*

A: We take your privacy and security very seriously. Security controls, including encryption and authentication, are in place to ensure the protection of your information. We do not save any information you submit in this form and the link to the PDF expires permanently after 24 hours. Any information provided by you or collected on you will not be shared or disclosed with any third party.

We do, however, reserve the right to disclose any personal information to the authorities at our sole discretion and as required by law. Despite these protections, the Internet remains an imperfectly secure environment, and Vibrant Emotional Health cannot guarantee protection from intruders or interceptors. You agree to use this service and submit information at your own risk. You agree that Vibrant Emotional Health has no liability regarding unauthorized access to this service by a third party.