

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 _____



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Mental Health Association Oklahoma is a partner agency of the Tulsa Area United Way and the United Way of Central Oklahoma.