

My Holiday Exit Plan

You can leave any time.

Fill this out before the event. Snap a photo of it or keep it in your pocket.

1

The event I'm most nervous about

Event, date and who will be there

2

How I'll get there and get home on my own

My own car, a ride I trust, a rideshare, or money for a cab

3

Who I can call or text while I'm there

Name and number

4

What I'll say if someone offers me a drink

Keep it short. "No thanks, I'm good" is enough.

5

My reason for leaving early

Something true and simple, like "I have an early morning."

Before I go

☐ My phone is charged

☐ I have my own way home

☐ My support person knows where I'll be

☐ I'm bringing my own drink

☐ I have a meeting or call planned tomorrow

☐ I know what time I'm leaving

If I start to feel uneasy, I will:

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Event: _____

My ride home: _____

Call or text: _____

My exit line: _____

Leaving by: _____

*Need support now? SAMHSA National Helpline: 1-800-662-4357
Free, confidential, 24/7*

cut along the dotted lines

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