

SAFETY PLAN

Step 1: Warning signs:

1. _____
2. _____
3. _____

Step 2: Internal coping strategies- Things I can do to take my mind off my problems without contacting another person:

1. _____
2. _____
3. _____

Step 3: People and social settings that provide distraction:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Place _____
4. Place _____

Step 4: People whom I can ask for help:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____
4. Name _____ Phone _____

Step 5: Professionals or agencies I can contact during a crisis:

1. Clinical Name _____ Phone _____

Clinical Pager or Emergency contact # _____

2. Clinical Name _____ Phone _____

Clinical Pager or Emergency Contact # _____

3. Suicide Prevention Lifeline: 1-800-273-TALK (8255)

4. Local Emergency Service _____

Emergency Service Address _____

Emergency Service Phone _____

Making the environment safe:

1. _____

2. _____

