

\_\_\_\_\_’s Safety Plan

**1. Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**2. Internal coping strategies – Things I can do to take my mind off of my problems without contacting another person (relaxation techniques, physical activity, self-talk):**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**3. People and social settings that provide distraction (e.g., public places like neighborhood spots, parks, libraries):**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**4. People whom I can ask for help (friends, family, acquaintances):**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**5. Professionals or agencies I can contact during a crisis:**

- 211
- Clinician: \_\_\_\_\_
- \_\_\_\_\_
- Suicide Prevention Line Phone: 1-800-273-TALK (8255)
- 911

**6. Ways to make my environment safe**

- \_\_\_\_\_
- \_\_\_\_\_