

Safety plan

STEP ONE

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

Negative mood I can't shake; thoughts my family would be better off without me

EX: Negative mood that I can't shake. Thoughts of my family would be better off without me. Multiple "bad things" happening in short period. Not wanting to get out of bed. Fights with partner.

STEP TWO

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

Writing, drawing. Taking dog for walks. Box breathing. Take a shower. Sleep. Grounding exercises.

EX: Writing and playing music. Drawing. Taking dog, Charlie, for walks. Grounding and deep breathing exercises. Taking a shower.

STEP THREE

People and social settings that provide distraction

NAME:

Mom: Cathy Doe

PHONE:

555-255-5555

NAME:

Mentor: Jane Smith

PHONE:

414-525-6336

STEP FOUR

People whom I can ask for help during a crisis, and their contact info

NAME:

Partner: John Example

PHONE:

111-222-2345

NAME:

Best friend: Robby Jones

PHONE:

222-323-4545

STEP FIVE

Professionals or agencies I can contact during a crisis

CLINICIAN:

Lisa Example, LPC

PHONE:

123-456-9876

EMERGENCY CONTACT:

123-456-9780

CLINICIAN:

Dr. Sam Sample

PHONE:

234-545-1234

EMERGENCY CONTACT:

EMERGENCY DEPARTMENT NAME:

St. Johns ER

PHONE:

111-234-5678

ADDRESS:

404 Main Street, City, State

SUICIDE OR CRISIS LIFELINE:

Rula Crisis Line: (877) 371-5488 OR 988

STEP SIX

Making the environment safe. Things I can do to remove access to means of harm

Keep firearms locked in a safe and store ammunition separately; have partner admin medications

EX: Ask my partner to lock away sharp objects. Not keep alcohol in the home. Keep firearms in a locked safe and store ammunition in a separate location. Have roommate of partner admin medications or keep only recommended amounts easily retrievable.

STEP SEVEN

The one thing that is most important to me and worth living is:

Being here for my family and partner

