

Safety plan

STEP ONE

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

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 contacting another person:

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:

PHONE:

NAME:

PHONE:

STEP FOUR

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

NAME:

PHONE:

NAME:

PHONE:

STEP FIVE

Professionals or agencies I can contact during a crisis

CLINICIAN:

PHONE:

EMERGENCY CONTACT:

CLINICIAN:

PHONE:

EMERGENCY CONTACT:

EMERGENCY DEPARTMENT NAME:

PHONE:

ADDRESS:

SUICIDE OR CRISIS LIFELINE:

STEP SIX

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

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 or 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:

