SAFETY PLAN

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step :	2: Internal coping	strategies – Things I can do to take my mind off	· · · · · · · · · · · · · · · · · · ·
conta	acting another per	son:	my problems withou
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tep :	3: People who can	help support & distract me or social activities I	can do to distant
			call up to distract m
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1. 2. 3. tep 4	I: People whom I o	can ask for help: Phone Number	
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1. 2. 3. tep 4 1. 2. 3.	I: People whom I on Name Name Name Name Professionals or Primary Provider	can ask for help: Phone Number Phone Number Phone Number Phone Number agencies I can contact during a crisis: Number:	
1. 2. 3. tep 4 1. 2. 3.	I: People whom I of Name Name Name Professionals or Primary Provider	can ask for help: Phone Number Phone Number Phone Number Phone Number agencies I can contact during a crisis: Number: (24 hours) 1-800-273-8255	
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