

SAFETY PLAN

Step 1: Warning signs: These are the signs that I may be starting to get suicidal or have a crisis

1. _____
2. _____
3. _____
4. _____

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 who can help support & distract me or social activities I can do to distract me:

1. _____
2. _____
3. _____

Step 4: People whom I can ask for help:

1. Name _____ Phone Number _____
2. Name _____ Phone Number _____
3. Name _____ Phone Number _____

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

1. Primary Provider: _____ Number: _____
2. Crisis Hotline (24 hours) 1-800-273-8255 _____
3. Other provider (therapist/psychiatrist/primary care) _____
4. Other clinician or agency: _____

Step 6: Making the environment safe:

1. _____
2. _____