

# Safety Plan

## Step 1: Warning signs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Step 2: Internal Coping strategies:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Step 3: People and social settings that provide distraction:

1. Name: \_\_\_\_\_ Phone: \_\_\_\_\_
2. Name: \_\_\_\_\_ Phone: \_\_\_\_\_
3. Place: \_\_\_\_\_
4. Place: \_\_\_\_\_

## Step 4: People whom I can ask for help:

1. Name: \_\_\_\_\_ Phone: \_\_\_\_\_
2. Name: \_\_\_\_\_ Phone: \_\_\_\_\_
3. Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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

1. Name: \_\_\_\_\_ Phone: \_\_\_\_\_
2. Crisis Hotline: \_\_\_\_\_
3. Crisis Hotline: \_\_\_\_\_
4. Local Emergency Service: \_\_\_\_\_

## Making the environment safe:

1. \_\_\_\_\_
2. \_\_\_\_\_

## Things worth living for:

1. \_\_\_\_\_
2. \_\_\_\_\_