

SAFETY PLAN FOR _____

Step 1: Warning signs:

1. _____
2. _____
3. _____

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 and social settings that provide distraction:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Place _____
4. Place _____

Step 4: People I can ask for help:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____
4. Name _____ Phone _____

Professionals or agencies I can contact during a crisis:

1. Clinician name: _____ Phone: _____
Pages or Emergency Contact # _____
2. Clinician name: _____ Phone: _____
Pages or Emergency Contact # _____
3. Suicide Prevention Lifeline: 1-800-273-TALK (8255)
4. Local Emergency Help: _____

Making the environment safe:

1. _____
2. _____

Other: _____

Guardian Contact: _____

Guardian next steps:

1. _____
2. _____
3. _____