

Calvert County Public Schools
1305 Dares Beach Road
Prince Frederick, MD 20678

**Administrative Procedure for Policy 1480.4 (Administration)
Regarding Suicide Intervention Safety Plan**

Warning signs/triggers a crisis may be developing (How do you feel? What are your behaviors? How do you look?):

1. _____
2. _____

Coping skills that work for you (Things that distract you, things that make you feel better):

1. _____
2. _____

People you feel can help you while in school:

1. _____
2. _____

People you feel can help you outside of school:

1. _____
2. _____

Ways to make your environment safe (Ways you would feel safer at home and/or school):

1. _____
2. _____

The one thing most important to you and worth living for is:

Student Signature: _____ Date: _____

Staff Signature: _____ Date: _____

Other Resources that may be helpful:

Maryland Suicide & Crisis Lifeline- call or text 988

Calvert County Mobile Crisis Team- 1-877-467-5628

Maryland Crisis Hotline- Call 211, press 1