

**Safety Plan, 2145P Exhibit C**

<b>Student Name</b>		<b>DOB</b>	
<b>Student ID #</b>		<b>Safety Plan Date</b>	
<b>School</b>		<b>Grade Level</b>	
<b>OPTIONAL Student Cell Phone Number</b>		<b>Safety Plan Review Date (within about 1 month of plan date)</b>	
<b>Primary Support Staff Contact(s)</b>			

The safety plan is a student-centered plan, helping the student identify warning signs, triggers, and supportive people, with the goal of reducing the risk of future crisis.

**Warning Signs - sensations in my body, thoughts, and things I do when I am starting to get upset** (e.g. feeling hot, fidgeting, tears, shaking, fatigue, distracted)

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**Triggers - when these things happen, I can become upset quickly** (e.g. transitions, argument/yelling, feeling judged, unexpected events, trauma reminders)

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**Coping Skills - things I can do to feel calmer or stop the upset feelings from getting worse** (e.g. distract myself by watching a favorite show, call a support person, deep breathing, imagine myself on a beach)

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| <b>1.</b> |
| <b>2.</b> |
| <b>3.</b> |
| <b>4.</b> |

**How I can make my environment safe** (e.g. removal of sharp objects or other means to harm myself, going to a supervised space in my home, asking to be with an adult)

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Documentation: Save as: First initial Last Initial(s) 2145P Exh. C Date. Email to director of counseling, support coordinator for counseling, school counselor, and building admin., subject line "Safety Plan." Document in IEPonline under Notes section, "Suicide Intervention Form and Safety Plan developed on <date>; see school file for more information." **DO NOT attach these forms in IEPonline.** Admin - file this form in a confidential location in the school (not in cumulative or confidential file) where only "need to know" staff may access the form.

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<b>While at school, the adults I can contact for support are</b>			
Name		Phone/Location	
Name		Phone/Location	
Name		Phone/Location	
<b>While at home, the adults I can contact for support are</b>			
Name		Phone	
Name		Phone	
Name		Phone	
<b>When in crisis, here are some places I usually go to and/or people I usually talk to</b>			
<b>If I feel suicidal, I can call</b>			
Call or Text the Suicide & Crisis Lifeline: 988			
King County 24-Hour Crisis Line: 1-866-427-4747			
Teen Link to talk about any issue 1-866-TeenLink (1-866-833-6546) <b>this is not a 24-hour resource</b>			
<b>School Supports – these are things that might help support the student at school</b> (e.g. check-ins with a staff member, allow access to counseling center when needed, allow access to coping strategies or items when upset)			

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