

# Safety plan

S A F E

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

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

Step 2: Internal coping strategies – things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

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. Clinician name \_\_\_\_\_ Phone \_\_\_\_\_  
Clinician pager or emergency contact # \_\_\_\_\_
2. Clinician name \_\_\_\_\_ Phone \_\_\_\_\_  
Clinician pager or emergency contact # \_\_\_\_\_
3. Local urgent care services \_\_\_\_\_  
Urgent care services address \_\_\_\_\_  
Urgent care services phone \_\_\_\_\_
4. Provide Suicide Prevention Lifeline phone: 988 or 1.800.273.TALK (8255) or text "HELP" to 988 or 741.741

Step 6: Making the environment safe (lock or eliminate lethal means):

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

Step 7: For referral information regarding ongoing behavioral health services:

\_\_\_\_\_  
\_\_\_\_\_

Step 8: The one thing that is most important to me and worth living for is:

\_\_\_\_\_

Date Completed: \_\_\_\_\_