Safety Plan, 2145P Exhibit C

Student Name		**DOB**	
Student ID #		**Safety Plan Date**	
School		**Grade Level**	
OPTIONAL Student Cell Phone Number		**Student-Staff Safety Plan Review**	
Primary Support Staff Contact(s)			

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)

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

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)

1.

2.

3.

4.

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)

Documentation: Save as: First initial Last Initial(s) 2145P Exh. C Date. Email to director of counseling, support coordinator for counseling, school counselor, nurse, and building admin., subject line “Safety Plan.” Document in Synergy: MTSS Home Menu. Create a new "Screener." 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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While at school, the adults I can contact for support are			
Name		Phone/Location	
Name		Phone/Location	
Name		Phone/Location	
While at home, the adults I can contact for support are			
Name		Phone	
Name		Phone	
Name		Phone	
When in crisis, here are some places I usually go to and/or people I usually talk to			
If I feel suicidal, I can call			
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) **this is not a 24-hour resource**			
School Supports – these are things that might help support the student at school (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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