

Safety Plan

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

1. _____
2. _____
3. _____

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

1. _____
2. _____
3. _____

Step 3: People and social settings that provide distraction:

1. Name _____ Phone: _____
2. Name _____ Phone: _____
3. Place _____ 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. Clinic/Clinician _____ Phone: _____
2. Clinic/Clinician _____ Phone: _____
3. Clinic/Clinician _____ Phone: _____
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

Step 6: I can make my environment safer by:

1. _____
2. _____
3. _____

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