

# Safety Plan

**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.	Name:	Phone:

**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.	Name:	Phone:
	Clinician's Emergency contact #	
2.	Name:	Phone:
	Clinician's Emergency contact #	
3.	Name:	Phone:
	Clinician's Emergency contact #	
4.	Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)	

**Step 6: Making the environment safe:**

1.	
2.	
The one thing that is most important to me and worth living for is:	