

MY SAFETY PLAN

Step 1: Warning Signs (thoughts, images, mood, situation, behavior) A Crisis May Be Developing

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | |

Step 2: Internal Coping Strategies: What can I do to take my mind off my problems?

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | |

Step 3: People and Social Settings Which Provide Distraction

- | | |
|--------------|--------------|
| Name: _____ | Phone: _____ |
| Name: _____ | Phone: _____ |
| Place: _____ | Place: _____ |

Step 4: People I Can Ask for Help

- | | |
|-------------|--------------|
| Name: _____ | Phone: _____ |
| Name: _____ | Phone: _____ |
| Name: _____ | Phone: _____ |

Step 5: Professional Agencies or Resources I Can Contact During Crisis

- | | |
|---------------|--------------|
| Agency: _____ | Phone: _____ |
| Agency: _____ | Phone: _____ |
| Agency: _____ | Phone: _____ |
| Agency: _____ | Phone: _____ |

Step 6: Making Your Environment Safe

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | |

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