

Safety Plan

Name _____ Date _____

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 techniques, physical activity):

1. _____
2. _____
3. _____

Step 3: People and social settings that provide distractions:

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 will contact during a crisis (choose 1-2):

- Crisis Hotline: 1-800-273-8255
- Crisis Text Line: 741-741 (Text Home to start)
- National Domestic Violence/Child Abuse/ Sexual Abuse: (800) 799-7233
- National Help Line for Substance Abuse: (800) 262-2463
- Trevor Project: 1-866-488-7386

Step 6: Making the environment safe:

1. _____
2. _____
3. _____

Things that are most important to me and worth living for are:

