Never let a good crisis go to waste. —Winston Churchill

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Safety Plan

(Copy and paste all onto a new document to create your own!)

Triggers & warning signs indicating a crisis may be developing:

- Triggers: Situations that trigger intense emotions—what happens?
- How I can tell I am triggered or overwhelmed:
- How & what I feel when it happens (emotions/mood):
- What I tell myself when it happens (self-talk, thoughts):
- What I feel compelled to do when it happens (habitual reactions, urges, impulses, behaviors):

What I can do instead: <u>Go-to practices</u>, <u>resourcing activities</u> & <u>wellness</u> <u>checklist</u>: 3+ things I can do on-the-spot to self-regulate &/or otherwise cope with the overwhelm (see <u>Resource Friday</u>)

<u>Inner resources, coping skills & practices:</u> 3+ things I can practice internally to self-regulate:

Things I can do to reduce harm to myself or others:

1+ thing worth living for (see <u>reasons for living</u>)

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3+ loving/supportive people I can reach out to for support:

Name:

Phone/other contact info:

Address:

Name:

Phone/other contact info:

Address:

Name:

Phone/other contact info:

Address:

Therapist: Tyler Thompson, LMFT, LPCC

Phone: 720-334-1637

Email: tylerthemindfultherapist@gmail.com

Office address: 2140 Shattuck Ave #307, Downtown Berkeley Website: https://www.tylerthompsonpsychotherapy.com/

Psychiatrist (if applicable):

Phone: Email: Address:

MD/Primary Care Doctor:

Phone: Email: Address:

Local/preferred hospital/emergency department:

Phone: Address:

Emergency contact 1:

Phone: Email: Address:

Emergency contact 2:

Phone: Email: Address:

Text/dial/click the following for immediate support:

- Crisis text line: text HOME to 741741
- Nationwide suicide & crisis lifeline: dial 988
- <u>Depression & Bipolar Support Alliance</u>

Resource Friday
Now Matters Now
Speaking of Suicide
Poem: There You Are