

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

~

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

Inner resources, coping skills & practices: 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 [reasons for living](#))

-

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: tylertthemindfultherapist@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
 - [Depression & Bipolar Support Alliance](#)
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[Resource Friday](#)

[Now Matters Now](#)

[Speaking of Suicide](#)

Poem: [There You Are](#)