

Safety Plan



1 Write 2 warning signs that a crisis may be developing:

2 Write 2 internal coping strategies that can take your mind off your problems:

3 Who/What are 2 people or places that provide distraction?

_____ Phone: _____
_____ Phone: _____

4 Who can you ask for help?

_____ Phone: _____
_____ Phone: _____

5 Professionals or agencies you can contact during a crisis:

_____ Phone: _____
_____ Phone: _____

Suicide and Crisis Lifeline: Call or text 988

6 Write out a plan to make your environment safer:

7 Positive influences that keep me on track:

8 What are your plans if your symptoms worsen?
