

# My Safety Plan

**Step 1:** Warning signs of a crisis (changes in my thoughts, feelings, and behaviors that tell me things might be getting worse):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Step 2:** Things I can do to help me get through this:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Step 3:** My coping skills (skills I have that can help me get through this moment):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Step 4:** People and places that can help distract me:

1. Name: \_\_\_\_\_ Phone: \_\_\_\_\_
2. Name: \_\_\_\_\_ Phone: \_\_\_\_\_
3. Place: \_\_\_\_\_

**Step 5:** People I can talk to about what's going on who can help me get through it:

1. Name: \_\_\_\_\_ Phone: \_\_\_\_\_
2. Name: \_\_\_\_\_ Phone: \_\_\_\_\_
3. Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Step 6:** Agencies or professionals I can call for help:

1. Clinician Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Clinician Pager or Emergency Contact Number: \_\_\_\_\_
2. Clinician Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Clinician Pager or Emergency Contact Number: \_\_\_\_\_
3. Local Urgent Care Services Address: \_\_\_\_\_ Phone: \_\_\_\_\_
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

**Step 7:** Steps can I take to make my environment safer:

1. \_\_\_\_\_
2. \_\_\_\_\_

**Step 8:** The thing that is most important to me and the best reason to stay alive and stay safe:

\_\_\_\_\_