

Personal Safety Plan

Step 1: Warning signs (thoughts, images, moods, situation, behavior) that indicate a crisis may be developing:

1. _____
2. _____
3. _____

Step 2: Coping techniques I can do for myself to take my mind off my problems (relaxation technique, physical activity):

1. _____
2. _____
3. _____

Step 3: People, places or things that provide comfort during difficult times:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____
4. Place _____
5. 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 can contact during a crisis:

1. Clinician Name _____ Phone _____
2. Local Urgent Care _____
Address _____ Phone _____
3. Suicide Prevention Lifeline: **Call 988** or **TEXT CARE TO 839863**

Step 6: How I can make my environment safe (e.g. removing access to pills, guns):

Step 7: Hold on to positive thoughts:

The reason(s) I want to live are...

