

Safety Planning

Use this step-by-step plan whenever negative emotions or stressful experiences trigger the potential for harmful, unsafe behaviors, and lead yourself to safety.

1

Warning Signs

What are three warning signs (thoughts, images, moods, situations, behaviors) that indicate that a crisis may be developing? These signs can be emotional or physical changes, such as feeling a hot sensation or shakiness. They can also be situational triggers, such as being spoken to in an inappropriate tone, experiencing or witnessing unfair treatment, or walking past a place that brings up negative emotions or memories.

2

Coping Strategies

List out a few coping strategies to try out after noticing the warning signs. These are coping skills to use on your own, such as going for a walk, journaling, or doing breathing exercises.

3

Useful Distractions

Distractions are people, places, or events that will help take your mind off of the stressor or reaction. If you like movies, write out "watch a movie" as a distraction. If you like going to the mall, write out "walk around mall," which will give you plenty to observe as a distraction.

4

People to Contact

Next, put together a "phone book" of contacts to reach out to when you need help. This could be a friend, a family member, a caregiver — anyone that will provide healthy support and will be available to talk with them until you feel safe again.

5

Professionals to Contact

Another section of the "phone book" should be contact information for professionals, agencies, or hospitals that provide emergency support. This could also include the local emergency department or the National Suicide Hotline (1-800-273-TALK).

6

Remove Means

Lastly, the safety plan needs to include directions on how to dispose of any means for self-harm. This includes flushing pills, locking firearms away, or disposing of poisons.

My Safety Plan

The one thing that is most important to me and worth living for is:

1 Warning Signs

2 Coping Strategies

1. _____

2. _____

3. _____

3 Useful Distractions

Name	_____	Place	_____
Name	_____	Place	_____
Name	_____	Place	_____

4 People to Contact

Name	_____	Number	_____
Name	_____	Number	_____
Name	_____	Number	_____

5 Professionals to Contact

Clinician Name	_____	Number	_____
Local Hospital	_____	Number	_____
Address	_____		
Urgent Care	_____	Number	_____
Address	_____		

Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

6 Remove Means
