

Safety Plan



Warning Signs

When I feel or behave in these ways, it's time to use my safety plan.

Examples: Excessive sleep, Increased substance use, feeling hopeless, isolating/withdrawing, lack of interest in hobbies/friends

Coping Strategies

I can do these on my own to distract from difficult feelings/problems.

Examples: Playing video games, taking a walk, making art, baking, reading a book, listening to music, cuddling a pet

People or Social Setting Distractions

These people or places can be helpful distractors from my troubles too.

Examples: Any social setting like a coffee shop (not talking is fine), park, store, a friend, a relative (don't have to talk about feelings).

People Who Can Help in a Crisis

I trust these people to help keep me safe in a crisis situation.

Examples: A close friend, relative, partner, neighbor, close co-worker, religious leader, mental health professional

Contact: _____

Phone: _____

Contact: _____

Phone: _____

Contact: _____

Phone: _____

Emergency Professional or Agency Contacts

In a crisis, you or a helper can contact or get you to a place on this list.

Examples: Trusted friend or family, Mental Health Agency, Therapist or Counselor, Psychiatrist, Local Hospital or Emergency Room

Contact: _____

Phone: _____

Contact: _____

Phone: _____

Agency: _____

Phone: _____

Hospital: _____

Phone: _____

☎ Suicide Prevention LifeLine: 1-800-273-8255

💬 Crisis Text Line: text "HOME" to 741-741

Lethal Means Safety

Make your environment safer. Remove/limit access to lethal/injury means.

Examples: Give away firearms/ammunition temporarily/permanently (friend or facility), reduce/remove access to pills, blades, ropes, etc.