

Safety Plan - Supplemental Crisis Card



This is a credit card sized version of a safety plan that you can keep in your wallet or purse. This is not intended to replace your full safety plan which can have additional information. This is a shortened version you can keep on you more easily to use in a crisis.

For Print & Hand Writing

Instructions:

Fill out, and then print and cut-out. You can glue or tape both sides together. You can use card stock which may keep the card sturdier.

 Signs:

 Strategies:

 Distractions:



Remember to Make Your Environment Safe
(Remove lethal means, refer to safety plan for more details)

Numbers: 

People: 

Fill Out Digitally (PDF)

Instructions:

Open in a PDF editor and use the fields to enter your responses. Print and cut out. You can store them separately or tape/glue them back to back.

 Signs:

 Strategies:

 Distractions:

 People:

 Numbers:

Remember to Make Your Environment Safe
(Remove lethal means, refer to safety plan for more details) 

Fold



Cut



Cut

