Safety Plans Work

1. Write 3 warning signs that a crisis may be developing.

2. Write 3 internal coping strategies that can take your mind off your problems.

3. Who/What are 3 people or places that provide distraction?  
   (Write name/place and phone numbers)
   __________________________________________________________________________  Phone __________
   __________________________________________________________________________  Phone __________
   __________________________________________________________________________  Phone __________

4. Who can you ask for help?  (Write names and phone numbers)
   __________________________________________________________________________  Phone __________
   __________________________________________________________________________  Phone __________
   __________________________________________________________________________  Phone __________

5. Professionals or agencies you can contact during a crisis:
   Clinician: ____________________________ Phone ____________________________
   Local Urgent Care or Emergency Department:
   Address ____________________________ Phone ____________________________
   Call or text 988 or chat 988lifeline.org

6. Write out a plan to make your environment safer.  
   (Write 2 things)
   __________________________________________________________________________
   __________________________________________________________________________

Modified from Stanley & Brown (2021)