SAFETY PLAN STRATEGIES

Safety Plans work. This template can be used to create a "safe plan" to help keep you and your environment safe during challenging times of heightened or strong emotions, increased stress, or with thoughts of suicide.

1. Write 3 indicators, warning signs, or feelings that a crisis may be developing.

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2. Write 3 internal coping skills to help you cope or shift your thinking away from the problem(s).

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3. Who/What are 3 people and/or places that provide a safe distraction? (Write names/places and phone numbers)

Name/place _____ Phone _____

Name/place _____ Phone _____

Name/place _____ Phone _____

4. Who can you talk to for support or ask for help? (Write names and phone numbers)

Name _____ Phone _____

Name _____ Phone _____

Name _____ Phone _____

5. Professionals, agencies, or facilities you can contact before or during a crisis:

Doctor _____ Phone _____

Therapist/Clinician _____ Phone _____

Local Urgent Care/Mobile Crisis Unit/Emergency Room Name _____

Address _____ Phone _____

Call or text for free, 24/7 at **988**, Veterans press 1; or live chat at **988lifeline.org**. Other Hotline Phone _____

6. Write a plan with options to make your environment secure or safer. (Write at least 2 things)

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Modified in part from Stanley & Brown (2021)

988 SUICIDE & CRISIS LIFELINE