

*Why is a safety plan important? Having a plan allows you to be better prepared in times of crisis. Creating a personalized and unique plan tailored to you will allow you to prevent dangerous situations or provide you with the best way to approach them. Walk through the plan with your care counselor or therapist and remember that you are not alone.*

**Step 1: What are some warning signs of a crisis?**

**(thoughts, symptoms, mood, behavior, context):**

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**Step 2: What are some coping strategies that work for me?**

**(mindfulness, meditation, grounding techniques, take a walk):**

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**Step 3: Where can I go to distract myself?**

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**Step 4: Who can I reach out to for help?**

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| **Name:** | **Number:** |
| **Name:** | **Number:** |
| **Name:** | **Number:** |

**Step 5: What are some local and national emergency service**

**numbers that I can contact?**

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| 1. **Local Urgent Care Services: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1. **National Suicide Prevention Lifeline: 1-800-273-TALK (8255)** |
| 1. **Crisis Text Line: Text 741-741** |
| 1. **Emergency Medical Services: 911** |

**Step 6: How can I my environment safe?**

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**Step 7: Reasons for Living**

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