

Safety Plans Work

There is hope.



- 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)

