

Client Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Safety Plan

#### Making the Environment Safe (what I can do to make sure I am in safe situations)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### Identifying Warning Signs ("at risk" times for having suicidal thoughts, desire to self-harm, desire to harm others, depressed/irritable mood, and/or other unsafe behavior)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### "On My Own" Coping (individual strategies I can use to manage my thoughts, feelings, and behavior without contacting another person)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### "With Someone" Coping (things I can do with someone else to manage my thoughts, feelings, and behavior or social settings that provide distraction)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### "Tell Someone" Coping (people I would go to for help in managing my thoughts, feelings, and behavior)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### My reasons for living

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

It may be necessary to seek emergency psychological services and/or emergency medical services. Some options include:

- (List other facilities in area)
- Calling 911 or going to the nearest emergency room

If you are in **crisis**, please **call** the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)** or contact the Crisis Text Line by **texting TALK to 741741**.