Safety Plan

A personalized, step-by-step guide to help you navigate moments of crisis. Complete this plan when you are feeling calm, then keep it accessible for when you need it most.

1 WARNING SIGNS

Thoughts, feelings, or physical sensations that signal a crisis may be developing.

2 INTERNAL COPING STRATEGIES

Activities I can do on my own to distract myself and let the crisis pass.

3 SOCIAL DISTRACTIONS

PEOPLE I CAN BE AROUND

PLACES I CAN GO

4 PEOPLE I CAN CONTACT FOR HELP

Friends or family I can reach out to when I need support.

NAME	NAME	NAME
PHONE	PHONE	PHONE

5 PROFESSIONAL RESOURCES

Therapists, doctors, or counselors I can reach out to for help.

NAME	NAME	NAME
PHONE	PHONE	PHONE

6 MAKING MY ENVIRONMENT SAFE

Steps I will take to reduce access to things I could use to harm myself.

This safety plan is a supportive resource, not a replacement for professional care. Please seek professional help if needed.