

Safety Plan

Making your environment safe: Ways to limit your access to items you may use to harm yourself

Examples: locking up scissors or knives or putting them on a high shelf; getting firearms out of the house; entrusting friend or family member with pills and medications

| |
|----|
| 1. |
| 2. |
| 3. |

Warning signs: Thoughts, behaviors, emotions, bodily sensations that indicate a crisis is developing

Examples: racing thoughts; isolating yourself; feelings hopeless, sad, or depressed; stressful events; quick, shallow breathing; increased heart rate

| | |
|-------------------|--|
| THOUGHTS | |
| BEHAVIORS | |
| EMOTIONS | |
| BODILY SENSATIONS | |

Internal coping strategies: Things you can do on your own to cope

Examples: deep breathing; listening to music; watching a movie or TV show

| |
|----|
| 1. |
| 2. |
| 3. |

Safe public places: Places where you can go to distract yourself or be around other people

Examples: Coffee shop; going for a walk

| |
|----|
| 1. |
| 2. |
| 3. |

Friends or family members you can talk to: Trusted people you can reach out to when in crisis and/or for distraction

| |
|----|
| 1. |
| 2. |
| 3. |

Other numbers to call: In addition to 911, organizations you can reach out to when in crisis

| |
|---|
| 1. National Suicide Prevention Lifeline: 1-800-273-8255 |
| 2. California Peer Warm Line 1-855-845-7415 |
| 3. |

Nearest hospital: _____

Things to live for:

| |
|--|
| |
|--|