



Safety Plan

A safety plan is a set of steps you can take to stay safe in your situation. Different safety plans can be created depending on if you are still in the relationship, if you are planning to leave, or if you have already left. Each person's situation is unique, and safety plans look different for every individual. You are the expert on your own situation. Safety plans can include steps to protect children, pets, and loved ones.

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing

1.

2.

3.

Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

1.

2.

3.

Step 3: People and social settings that provide distraction:

1. Name _____

Phone _____

2. Name _____

Phone _____



3. Place _____

4. Place _____

Step 4: People whom I can ask for help:

1. Name _____

Phone _____

2. Name _____

Phone _____

3. Name _____

Phone _____

Step 5: Professionals or agencies I can contact during a crisis:

1. Clinician Name _____

Phone _____

Clinician Pager or Emergency Contact # _____

2. Clinician Name _____

Phone _____

Clinician Pager or Emergency Contact # _____

3. Local Urgent Care
Services _____

Urgent Care Services
Address _____

Urgent Care Services
Phone _____

4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)



Step 6: Making the environment safe:

1.

2.

The one thing that is most important to me and worth living for is:

