

_____ 's Safety Plan

Today's Date: _____

Step 1: Warning Signs of a Crisis

1. _____

2. _____

3. _____

Step 4: People I Can Call for Help

1. _____
Relationship: _____
Phone #: _____
2. _____
Relationship: _____
Phone #: _____
3. _____
Relationship: _____
Phone #: _____

Safety Plan | Adapted from an original work by Barbara Stanley and Gregory K. Brown
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Step 2: Activities I Can Do By Myself to Try to Take my Mind off of Things

1. _____

2. _____

3. _____

Step 5: Ways That Supportive People Can Help Me Stay Safe

1. _____

2. _____

3. _____

Step 6: I Can Call These Very Important Phone Numbers

- ### I Have Great Strengths To Help Me Get By
1. _____

 2. _____

 3. _____

Step 3: Taking My Mind off of Things

PEOPLE I CAN GO TO:

1. _____
Relationship: _____
Phone #: _____
2. _____
Relationship: _____
Phone #: _____
3. _____
Relationship: _____
Phone #: _____

PLACES I CAN GO TO:

1. _____

2. _____

