

Safety Plan Worksheet



Purpose: Providers and patients complete Safety Plan together, and patients keep it with them

Step 1. Warning signs (that I might be headed toward a crisis and the Safety Plan should be used):

- 1.
- 2.
- 3.
- 4.

Step 2. Internal coping strategies (things I can do to distract from my problems without contacting another person):

- 1.
- 2.
- 3.

Step 3. People, places and social settings that provide healthy distraction (and help me feel better):

- 1.
- 2.
- 3.
- 4.

Step 4. People I can contact to ask for help (family members, friends and co-workers):

- 1.
- 2.
- 3.
- 4.

Step 5. Professionals or agencies that can help me during a crisis:

- Clinician/Agency
- Clinician/Agency
- Local Emergency Department
- Other



Military/Veterans Crisis Line:

Dial 800-273-TALK (8255), press 1 for military, or text 838255 or live chat at <http://militarycrisisline.net> for 24/7 crisis support.

National Suicide Prevention Lifeline:

Dial 800-273-TALK (8255) or live chat at <https://suicidepreventionlifeline.org> for 24/7 crisis support.

Step 6. Making my environment safe (plans for removing or limiting access to lethal means):

- 1.
- 2.
- 3.
- 4.

Step 7: My reasons for living (things that are most important to me and worth living for):

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |



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