**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. Name and phone number: 
2. Name and phone number: 
3. Place: 
4. Place: 

### Step 4. People I can contact to ask for help (family members, friends and co-workers):
1. Name and phone number: 
2. Name and phone number: 
3. Name and phone number: 
4. Name and phone number: 

### Step 5. Professionals or agencies that can help me during a crisis:
- Clinician/Agency (Name, phone, pager, emergency contact number)
- Clinician/Agency (Name, phone, pager, emergency contact number)
- Local Emergency Department (Name, phone number, location/address)
- Other (Name, phone, pager, emergency contact number)

### 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. 
2. 
3. 
4. 
5. 
6. 

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**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.

Department of Veterans Affairs and Department of Defense employees who use this information are responsible for considering all applicable regulations and policies throughout the course of care and patient education.