

Sample Safety Plan

Step 1: Warning signs (thoughts, images, mood, situations, behavior) that a crisis may be developing: How does your body feel? What are the thoughts in your head?

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, social settings, and activities that provide distraction:

Name: _____ Phone: _____

Name: _____ Phone: _____

Place: _____ Place: _____

Activity: _____ Activity: _____

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:

Clinician Name: _____ Phone: _____

Clinician/Case Manager Name: _____ Phone: _____

PCP Name: _____ Phone: _____

Other: _____ Phone: _____

Maine Crisis Hotline: 1-888-568-1112

National Text Line: 741741

Step 6: Making the environment safe:

1.

2.

Step 7: The one thing that is most important to me and worth living for is:
