

Safety Plans Work

There is hope.



1. Write 3 warning signs that a crisis may be developing.

2. Write 3 internal coping strategies that can take your mind off your problems.

3. Who/What are 3 people or places that provide distraction?

(Write name/place and phone numbers)

_____ Phone _____

_____ Phone _____

_____ Phone _____

4. Who can you ask for help? (Write names and phone numbers)

_____ Phone _____

_____ Phone _____

_____ Phone _____

5. Professionals or agencies you can contact during a crisis:

Clinician: _____ Phone _____

Local Urgent Care or Emergency Department:

Address _____ Phone _____

Call or text 988 or chat [988lifeline.org](https://www.988lifeline.org)

6. Write out a plan to make your environment safer.

(Write 2 things)

