

My Safety Plan

Name _____ Date _____

In crisis now? Call or text **988**. Text **HOME** to **741741**. In an emergency, call **911**.

What keeps me going: my reasons for living

1 Warning signs

Thoughts, feelings or situations that come before a crisis.

2 Things I can do on my own

Simple things that help me calm down or take my mind off it.

3 People and places that help distract me

Places to go and people to be around. They do not need to know.

Name _____ Phone _____

Name _____ Phone _____

4 People I can ask for help

People I trust and can tell that I am struggling.

Name _____ Phone _____

Name _____ Phone _____

Name _____ Phone _____

5 Professionals and crisis lines

Therapist _____ Phone _____

Doctor _____ Phone _____

Nearest emergency room _____

988 Suicide and Crisis Lifeline: call or text 988. Crisis Text Line: text HOME to 741741.

6 Making my space safer

Ways to put time and distance between me and anything I could use to hurt myself.

If I am in danger, I will call 911 or go to the nearest emergency room.

Safety Plan Wallet Cards

Cut along the dashed lines and fold each card in the middle. Keep one in your wallet or phone case.

My safety plan WHEN I NOTICE _____ _____ I CAN _____ _____ _____	PEOPLE I CAN CALL _____ _____ MY THERAPIST _____ <div>Call or text 988 any time Text HOME to 741741 Emergency: 911</div>
--	--

My safety plan WHEN I NOTICE _____ _____ I CAN _____ _____ _____	PEOPLE I CAN CALL _____ _____ MY THERAPIST _____ <div>Call or text 988 any time Text HOME to 741741 Emergency: 911</div>
--	--

Keeping your plan useful

- Keep it where you will see it: on your phone, by your bed, in your wallet.
- Share it with the people on it, so they know what you might ask of them.
- Start at step 1 and work down. If one step does not help, go to the next.
- Go over it with your therapist, and change it whenever something stops working.

For clinicians

- Write the plan together, in the client's own words, and ask what could get in the way of each step.
- Talk through medicines and firearms, and who can help store them, in step 6.
- A safety plan is not a no-suicide contract. Use it alongside your own assessment.