

# Personal Safety Plan

**Warning signs** – Thoughts, feelings, moods, images and actions that may lead to high risk behaviors:

**Coping strategies** – What can I do to keep myself safe?

**Social opportunities** – Where I can go to help myself?

**People who can help me**– Family and friends:

Name: \_\_\_\_\_ Contact method: \_\_\_\_\_

Name: \_\_\_\_\_ Contact method: \_\_\_\_\_

Name: \_\_\_\_\_ Contact method: \_\_\_\_\_

Name: \_\_\_\_\_ Contact method: \_\_\_\_\_

**Other places I can find help:**

**Suicide prevention lifeline: 1-800-273-TALK (8255) or the national crisis text line (text 741741).**

Counselor: \_\_\_\_\_ Contact method: \_\_\_\_\_

Doctor/Psychiatrist: \_\_\_\_\_ Contact method: \_\_\_\_\_

Crisis Center/Emergency Room Name \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Other apps, websites, etc.: \_\_\_\_\_

**Things I will do to make my environment safe:**

**My reason(s) for safety:**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_