Safety Plan (Appendix A)

SAFETY PLAN FOR _____

1. 2. 3. 3. Step 2: Internal coping strategies-Things I can do to take my mind off my problems without contacting another person: 1. 2. 3. 5tep 3: People and social settings that provide distraction: 1. Name Phone	Step 1:	Warning signs:		
2.	1.			
3. Step 2: Internal coping strategies-Things I can do to take my mind off my problems without contacting another person: 1	2.			_
1.				_
2. 3. Step 3: People and social settings that provide distraction: 1. Name	Step 2:	Internal coping strategies-Things I can do to take m	ny mind off my problems without contacting	another person:
2. 3. Step 3: People and social settings that provide distraction: 1. Name	1.			
Step 3: People and social settings that provide distraction: 1. Name				•
Step 3: People and social settings that provide distraction: 1. Name				•
2. Name Phone 3. Place 4. Place Step 4: People I can ask for help: 1. Name Phone 2. Name Phone 3. Name Phone 4. Name Phone 4. Name Phone Professionals or agencies I can contact during a crisis: 1. Clinician name: Phone Pages or Emergency Contact # 2. Clinician name: Phone: Pages or Emergency Contact # 3. Suicide Prevention Lifeline: 1-800-273-TALK (8255) 4. Local Emergency Help: Making the environment safe: 1	Step 3:	People and social settings that provide distraction	:	•
3. Place 4. Place Step 4: People I can ask for help: 1. Name	1.	Name	_Phone	
4. Place Step 4: People I can ask for help: 1. Name	2.	Name	_Phone	
4. Place Step 4: People I can ask for help: 1. Name	3.	Place		
Step 4: People I can ask for help: 1. Name				
2. Name	Step 4:	People I can ask for help:		
2. Name	1.	Name	Phone	
3. Name Phone Phone Phone Phone Phone Professionals or agencies I can contact during a crisis: 1. Clinician name: Phone Phone: Pages or Emergency Contact # Phone: Pages or Emergency Contact # Phone: Pages or Emergency Contact # Suicide Prevention Lifeline: 1-800-273-TALK (8255) 4. Local Emergency Help: Making the environment safe: 1. 2. Other: Guardian Contact: Guardian next steps: 1. 2. Contact Suicide Prevention Lifeline: 1-800-273-TALK (8255)				
Professionals or agencies I can contact during a crisis: 1. Clinician name:				
1. Clinician name:	4.	Name	_Phone	
Pages or Emergency Contact # 2. Clinician name:	Profess	ionals or agencies I can contact during a crisis:		
2. Clinician name: Phone: Pages or Emergency Contact # 3. Suicide Prevention Lifeline: 1-800-273-TALK (8255) 4. Local Emergency Help: Making the environment safe: 1 2 Other: Guardian Contact: Guardian next steps: 1 2	1.	Clinician name:	Phone:	
Pages or Emergency Contact # 3. Suicide Prevention Lifeline: 1-800-273-TALK (8255) 4. Local Emergency Help: Making the environment safe: 1 2 Other: Guardian Contact: Guardian next steps: 1 2		Pages or Emergency Contact #		
3. Suicide Prevention Lifeline: 1-800-273-TALK (8255) 4. Local Emergency Help: Making the environment safe: 1	2.	Clinician name:	Phone:	
4. Local Emergency Help: Making the environment safe: 1		Pages or Emergency Contact #		
Making the environment safe: 1	3.	Suicide Prevention Lifeline: 1-800-273-TALK (8255)		
1	4.	Local Emergency Help:		
2	Making	the environment safe:		
2Other:	1.			
Other: Guardian Contact: Guardian next steps: 1 2				
Guardian next steps: 1 2	Other:			
1				
1				
2		·		
	2. 3.			•