



Personal Safety Plan

Use this template to create a personal safety plan to help guide you through difficult moments and keep you safe.

Step 1: Warning signs (e.g., thoughts, images, moods, situations, behaviors, etc.) that show you that a crisis might be developing. In your own words, write what warning signs you might experience or want to be aware of during a crisis.

Step 2: Coping strategies are things you can do to cope with your feelings independently (e.g., breathing exercises, playing with your pet, walking outside, etc.). In your own words, write down some coping strategies that work for you.

Step 3: People and places who can provide comfort and a distraction from the crisis.

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

Place 1: _____

Place : _____

Step 4: People who can help, provide support and listen when you need help.

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

Step 5: Professionals and agencies I can contact in a crisis.

Name: _____

Phone: _____

Name: _____

Phone: _____

3. Urgent Care Name: _____

Urgent Care Phone Number: _____

Urgent Care Address: _____

4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255) or text "MN"(MN) or HOPELINE(WI) to 741741

5. Call 911 in case of emergency

Step 6: Actions I can take to create a safe environment.

1. _____

2. _____