Personal Safety Plan

Use this template to help you 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 a crisis might be developing. Write it down in your own words.

___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

Step 2: Coping strategies. Things you can do to cope with your feelings independently (e.g., breathing exercises, playing with your pet, walking outside, etc.)

___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

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

1. Name: ________________________________  Phone: ________________________
2. Name: ________________________________  Phone: ________________________
3. Name: ________________________________  Phone: ________________________

Place 1:  ________________________________  Place 2:  ______________________

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

1. Name: ________________________________  Phone: ________________________
2. Name: ________________________________  Phone: ________________________
3. Name: ________________________________  Phone: ________________________

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

1. Name: ________________________________  Phone: ________________________
2. Name: ________________________________  Phone: ________________________
3. Urgent Care Name: ________________________________  Phone: ________________________
   Urgent Care Phone Number: _________________________________________________
   Urgent Care Address: _________________________________________________________
4. Suicide Prevention Lifeline Phone: 988
Step 6: Actions to take to create a safe environment.

1. 

2. 

3. 

Step 7: Things that are most important to me and worth living for.

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