

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: _____ | |
| 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.
