**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.

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___________________________________________________________________________________

**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.)

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**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 or text "MN"(MN) or HOPELINE(WI) to 741741
5. Call 911 in case of emergency

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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