



## 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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