

# Safety Plan Work



1. Write 3 warning signs that a crisis may be developing.

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2. Write 3 internal coping strategies that can take your mind off your problems.

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3. People and/or social settings that provide distraction:

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4. People whom I can ask for help:

\_\_\_\_\_ How \_\_\_\_\_

\_\_\_\_\_ How \_\_\_\_\_

\_\_\_\_\_ How \_\_\_\_\_

5. Professionals or agencies you can contact during a crisis:

Clinician \_\_\_\_\_ Phone \_\_\_\_\_

Local Urgent Care or Emergency Department:

Address \_\_\_\_\_ Phone \_\_\_\_\_

**Call 800.282.5005 or 988 | Text 988 | Chat 988lifeline.org**

6. Write out a plan to make your environment safer. (Write 2 things)

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7. The one thing that is most important to me and worth living for is:

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