

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

Warning Signs
use client's words to describe what changes he/ she may be or is experiencing

Step 2: Internal coping strategies - Things I can do to take my mind off my problems without contacting another person (for example, listening to soothing music, video game, watching TV):

Coping Strategies
ask client to list coping skills he/she has found to help in the past when in crisis

Step 3: People and social settings that provide distractions:

Distractions	Phone
list names and places client can connect with or visit	
note: if listing phone, also ask for consent to contact this person in an emergency	
suggestions of places would include Affinity Place, Hope Place, MHA etc.	

Step 4: People whom I can ask for help:

Ask For Help	Phone
list names of individuals (professionals, family, friends etc)	
note: if listing phone, also ask for consent to contact this person in an emergency	
possible resource would include: 211 Lifeline, BHAC	

Step 5: Professionals or Agencies I can contact during a crisis:

Clinician Name PRIMARY CLINICIAN

Phone #:

Emergency Contact #:

Clinician Name: SUPERVISOR

Phone #:

Emergency Contact #:

Local Urgent Care Services: CFC AFTER HOURS

Urgent Care Services Address:

Urgent Care Services Phone#: (585)208-0191

Suicide Prevention Lifeline Phone #: 1-800-273-TALK (8255)

Step 6: Making the environment safe (removing or restricting access to any means I have considered using or have used in a suicide attempt AND restricting access to firearms whether or not I've thought about using them):

Making Environment Safe
based on client's risky behavior, document who would client remove access (for example: give pills to significant other, ask mother to hold all knives and razors)