Patient Safety Plan Template

Step 1:	p 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:	
1		
Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):		
1		
3		
Step 3: People and social settings that provide distraction:		
1. Name		Phone
		Phone
3. Place_		1. Place
Step 4: People whom I can ask for help:		
1. Name		Phone
2. Name		Phone
3. Name		Phone
Step 5: Professionals or agencies I can contact during a crisis:		
1. Clinici	an Name	Phone
Clinician Pager or Emergency Contact #		
2. Clinici		Phone
Clinician Pager or Emergency Contact #		
3. Local Urgent Care Services		
Urgent Care Services Address		
Urgent Care Services Phone		
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)		
Step 6: Making the environment safe:		
1.		
2.		
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The one thing that is most important to me and worth living for is: