

# Creating a Safety Plan

A Safety Plan is a brief written list of strategies that can help you cope with life's challenges. It outlines steps that you can use to deal with any negative thoughts and emotions that you might experience.

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| <b>1. Triggers/Warning Signs:</b><br><i>What causes these feelings?</i><br><i>How can you recognize when you start to feel bad?</i>  | <b>2. Coping Skills/Distractions</b><br><i>What will help you to take your mind off your problems?</i>                                    |
| <b>3. Social Settings &amp; People</b><br><i>What social settings could provide you with an outlet or means of temporary escape?</i> | <b>4. Supportive People</b><br><i>What friends, family, or others you trust could you ask for help?</i>                                   |
| <b>5. Professionals</b><br><i>Who could you contact during an emergency / crisis?</i>  | <b>6. Safe Environment</b><br><i>What might you need to avoid or remove (i.e. harmful objects)?</i>                                       |
| <b>7. Reasons for Living</b><br><i>What motivates you to keep going? Who or what do you care about most?</i>                         | <b>YOUR <i>Life</i> YOUR Voice</b><br><br>Contact us for tips on how to cope with the challenges you may be facing.<br><br>1-800-448-3000 |