

Steps1:

Warnings signs(thoughts,images,mood,situation,b
developing

1.



2.



3.



Steps2:

Internal copies stragegies- Things I can do to take
without contacting another person (relaxation tech

1.



2.



3.

Steps3:

People and social activity that provide distraction:

1. Name

Phone

2. Name

Phone

3. Place

Place

Steps4:

People whom i can ask for help:

1. Name



Phone



2. Name



Phone



3. Name



Phone



Steps5:

Profesionals or agencies I can contact during the c

1. Clinical Name



Phone



Clinical Paper and Emergency Contact#



2. Clinical Name



Phone



Clinical Paper and Emergency Contact#



3. Local Urgent care services



Urgent care services Address



Local Urgent care phone



4. Suicide Prevention Lifeline Phone:1-800-273-Talk(8255)



Steps6:

Making the environment safe:

1.



2.



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the one thing that is most important for me and worth living f