

# Pateint Safety plan template

Steps1: Warnings signs(thoughts,images,mood,situation,behaviour)that a crisis may be developing

1 string

Steps2: Internal coping strategies- Things I can do to take my mind off my problems without contacting another person (relaxation technique,physical activity):

1 string

Steps3: People and social activity that provide distraction:

1. Name string Phone string

2. Name string Phone string

3. Name string Place

Steps4: People whom i can ask for help:

1. Name string Phone string

2. Name string Phone string

3. Name string Phone string

Steps5: Profesionals or agencies I can contact during the crisis:

|  |              |
|--|--------------|
| 1. Clinical Name string                      | Phone string |
| Clinical Paper and Emergency Contact# string |              |
| 2. Clinical Name string                      | Phone string |
| Clinical Paper and Emergency Contact# string |              |
| 3. Local Urgent care services string         |              |
| Urgent care services Address string          |              |
| Local Urgent care phone string               |              |
| 4. Suicide Prevention Lifeline string        |              |

Steps6: Making the environment safe:

|           |
|-----------|
| 1. string |
| 2.        |

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