

SAFETY PLANS WORK

There is Hope.



- 1 Write 3 warning signs that a crisis may be developing.

- 2 Write 3 into your problem

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- 1 Write 3 warning signs that a crisis may be developing.

- 2 Write 3 internal coping strategies that can take your mind off your problems.

- 3 Who/What (Write name,)

- 3 Who/What are 3 people or places that provide distraction? (Write name/place and phone numbers)

_____	Phone _____
_____	Phone _____
_____	Phone _____

- 4 Who can you

- 4 Who can you ask for help? (Write name/place and phone numbers)

_____	Phone _____
_____	Phone _____
_____	Phone _____

- 5 Profession

Clinician _____

Local Urger _____

Address _____

- 5 Professionals or agencies you can contact during a crisis:

Clinician _____	Phone _____
Local Urgent Care or Emergency Department:	
Address _____	Phone _____

Text or call 988 or chat 988lifeline.org

- 6 Write out a plan to make your environment safer.

(Write 2 things)

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Modified from Stanley & Brown (2021)



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