



CRISIS SAFETY PLAN

1. Warning signs a crisis may be forthcoming:

- A:
- B:
- C:
- D:

2. Coping strategies I can do:

- A:
- B:
- C:
- D:

3. Places where I feel safe and/or provide distractions:

- A:
- B:
- C:
- D:

4. People/Organizations I can contact for assistance:

- A:
- B:
- C:
- D:
- E:

5. What goals have I yet to accomplish? My reasons for living:

- A:
- B:
- C:
- D:

6. What in my life do I value or am responsible for that keeps me going:

A:

B:

C:

D:

Instructions

Work with your health care professional/family member/friends in using this plan. It will be helpful to gain their knowledge about you and how to best keep you safe.

1. Warning signs a crisis may be forthcoming: Certain thoughts, places, events, dates, moods, that may trigger a crisis for you.
2. Self-coping strategies: List things you can do on your own to help mitigate a crisis, things like deep breathing/meditation, music, crafts, puzzles, cooking, working out. Avoid drugs/alcohol and keep weapons locked away and key with someone else.
3. Places where you feel safe/provide distractions: Talk a walk, out to a meal with a friend, shopping malls, museums, coffee houses.
4. People/organizations to call for assistance.
5. Goals yet to accomplish: Learn to cook, learn a language, travel, stop smoking, achieving a desired look/weight, volunteering (crisis hotline, assist the elderly, local animal shelter.) Daily goals can be very helpful, also.
6. What in my life do I value or am responsible for that keeps me going: Pets, family members, responsibility to others, faith, etc.

Additional Note: Have a plan to keep your environment safe. What items might you use to hurt yourself and how best can you remove or secure them?

This guide is for informational purposes only. Please consult a licensed health care professional prior to use.