

My Safety Plan

STEP 1

IDENTIFY WARNING SIGNS

What are your thoughts and behaviors?

STEP 2

IDENTIFY COPING STRATEGIES

What can you do to soothe yourself?

STEP 3

IDENTIFY SOCIAL DISTRACTIONS

List people and places

STEP 4

LIST FAMILY AND CLOSE FRIENDS

You can tell them your true feelings

STEP 5

LIST DOCTOR, THERAPIST OR AGENCY

List the name and phone number

STEP 6

MAKE YOUR ENVIRONMENT SAFE

Remove all things you can use for harm

★ What is the one person or thing that is important enough for you to stay alive?
