

Resource and Safety Plan

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

1. _____
2. _____
3. _____

Step 2: Internal coping strategies – Things I can do to take my mind off my problems before contacting another person (relaxation technique, physical activity):

1. _____
2. _____
3. _____

Step 3: People & social settings that distract or help me move beyond this moment:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Place _____
4. Place _____

Step 4: People that I can ask for help:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____

Step 5: Local Professionals or agencies I can contact during a crisis:

1. Clinician Name _____ Phone _____ Emergency Contact _____
2. Clinician Name _____ Phone _____ Emergency Contact _____
3. Local Urgent Care Services _____
Address _____ Phone _____
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255) Crisis Line- 1-866-4CRISIS
(24-hour suicide and crisis prevention line that can be called from anywhere in the U.S.)

Step 6: Making the environment safe:

1. _____
2. _____

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