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## 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 it without contacting another person (examples: resources, relaxation techniques, physical activity, meditation, mindfulness, safe/calm place, container, grounding, hug a pet, go on a walk, exercise, journal):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Step 3: People and Social settings that provide distraction:

1. Place: \_\_\_\_\_
2. Place: \_\_\_\_\_
3. Name: \_\_\_\_\_
4. Name: \_\_\_\_\_

Step 4: People whom I can ask for help:

1. Name: \_\_\_\_\_ Phone number: \_\_\_\_\_
2. Name: \_\_\_\_\_ Phone number: \_\_\_\_\_
3. Name: \_\_\_\_\_ Phone number: \_\_\_\_\_

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

1. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)
2. NAMI warmline (call or text): (714)991-6412
3. Psychiatrist Name: \_\_\_\_\_ Phone number: \_\_\_\_\_
4. Closest hospital to me: \_\_\_\_\_
5. Police: 911
6. Additional resources can be found on the document KeepSafe Connections

Step 6: Making the environment safe:

1. \_\_\_\_\_
2. \_\_\_\_\_

What are some things worth living for?

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\*I am not always available during an emergency but I am here for you. You can contact me to schedule an additional in-person session or schedule a session to be done over the phone.

**(805) 538-2711**

If you are experiencing an emergency that cannot wait, use an emergency resource listed in step 5.\*