MENTAL HEALTH CRISIS

SAFETY PLAN

free resource packet



SAFETY •

PHONE A FRIEND







Who should I call?	When should I call
1	1
2	2

3)	(3)

RSVP

Here are a few treatment facilities I prefer:

Here are a few I don't:







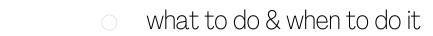
COPING CABANA

How can I de-escalate or relax

1 What are things I can do that help me
2 What are things others can do that help me

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TDICCED W/A DNIING	
TRIGGER WARNING What are some of my triggers?	How can I minimize the chances of activating them?
1	1
2	2
3	3
4	4
5	5
IF THERE IS NO WA' How can I prepare for them?	Y TO AVOID ACTIVATING THEM
2	
3	
4	







SOME KIND OF SYMPTOM

VVIIACE	are signs that I may not be doing so well?
1	
2 _	
(3) -	
<u> </u>	
4 _	
<u> </u>	
(5) _	
	CALATION STATION are things that make an already difficult situation for me worse?
What a	are things that make an already difficult situation for me worse?
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PROVIDERS AND RESOURCES

Providers my support should know	Contact Information	Release of Information
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
When should my support contact provide		
2		
3		
4		
5		







Dosage

MED DISPENSER

1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
These are medications that I should avoid due to a physi	ical or mental adverse reaction:

All medications, supplements, vitamins, herbs, and alt. medications I'm taking:

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MED DISPENSER: DOUBLE DOSE

These should be increased when I'm in a crisis:	Dosage
1	1
2	2
3	3
These should be decreased or removed entirely when I'm in a crisis:	Dosage
1	1
2	2
3	3
These have helped when I'm in a crisis:	Dosage
1	1
2	2
3	3
These have not helped when I'm in a crisis:	Dosage
1	1
2	2
3	3





o what to do & when to do it

SELF-SOOTHING & GROUNDING

Use your 5 senses to find comfort and a sense of calm right where you are. Go through each of your senses one at a time and try to notice something you can enjoy or appreciate right in the moment. This doesn't mean you're ignoring the problem, you're just reminding yourself that even when things aren't perfect, you can still find ways to be soothed.

SECOND CHOICE

When your plans don't work out, don't fall into all-or-nothing thinking! Come up with a plan B that will still allow you to enjoy something fun even if it wasn't your first choice. Rather than giving up and feeling hopeless, find a way to make something good out of the situation

CALM PLACE VISUALIZATION

Take some deep breaths and then imagine a place that feels absolutely calm for you. Try to put as much detail into your visualization as you can. This exercise reminds you that you can manage your emotions by how you think. If you can imagine feeling safe and calm, your whole body relaxes and you can handle stress more easily.

HERE & NOW

When fear of the future or pain from the past seem overwhelming, try to fill your attention with what's happening right here, right now. If you are safe, observe that you are safe. If you are free to make decisions, observe your freedom. If there is something you can do to improve this moment, do it. If there's something you can do that will bring your attention back to the current moment, do it.

SELF-AFFIRMATIONS

Use positive and encouraging statements to remind yourself of your strengths, your value as a person, and your ability to make good healthy decisions. Don't let negative self-talk make things harder; try being kind and uplifting towards yourself.







PRACTICE MAKES PERFECT

If you don't practice these skills outside of a crisis, you can't expect to be able to do them while in one. Have any competitive level athletes ever shown up to a game having not practiced any skills or drills? No, they have to practice if they want to see results.

DRILLS How can I practice
1 Self-Soothing & Grounding
2 Second Choice
3 Calm Place Visualization
4 Here & Now
Self-Affirmations
1
2
4

SAFETY





HEALING JOURNEY

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What are mi	I MAASI IRANIA	anais for mi	y treatment a	nd healing?
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\bigcup	environment)
2	Consistently use the safety plan resources
3	
4	
5	
6	
7	
8	
9	
(10)	
\bigcirc	
12	
13	
(14)	
14	

 γ Come up with a comprehensive safety plan to keep me safe (who controls meds, where am I staying, who cleansed the





what to do & when to do it

EXTRA SPACE FOR NOTES & THOUGHTS

Or if you ran out of room on another page.







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Or if you ran out of room on another page.





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