

MENTAL HEALTH CRISIS SAFETY PLAN

free resource packet



SAFETY PLAN



- - what to do & when to do it
-

PHONE A FRIEND

Who should I call?

1

2

3

4

5

When should I call...

1

2

3

4

5

RSVP

Here are a few treatment facilities I prefer:

1

2

3

Here are a few I don't:

1

2

3

SAFETY PLAN



-
- what to do & when to do it

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 WAY TO AVOID ACTIVATING THEM...

How can I prepare for them?

1

2

3

4

5

SAFETY PLAN



what to do & when to do it



SOME KIND OF SYMPTOM

What are signs that I may not be doing so well?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

ESCALATION STATION

What are things that make an already difficult situation for me worse?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

SAFETY PLAN



what to do & when to do it



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 providers or resources?

1 _____

2 _____

3 _____

4 _____

5 _____

SAFETY PLAN



what to do & when to do it



MED DISPENSER

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

Dosage

| | |
|----|----|
| 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 physical or mental adverse reaction:

SAFETY PLAN



what to do & when to do it



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

SAFETY PLAN



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.

SAFETY PLAN



what to do & when to do it



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
- 5 Self-Affirmations

- 1

- 2

- 3

- 4

- 5

SAFETY PLAN



what to do & when to do it



HEALING JOURNEY

What are my measurable goals for my treatment and healing?

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

- 2 Consistently use the safety plan resources

- 3

- 4

- 5

- 6

- 7

- 8

- 9

- 10

- 11

- 12

- 13

- 14

SAFETY PLAN



what to do & when to do it



EXTRA SPACE FOR NOTES & THOUGHTS

Or if you ran out of room on another page.

SAFETY PLAN



what to do & when to do it



EXTRA SPACE FOR NOTES & THOUGHTS

Or if you ran out of room on another page.

SAFETY PLAN



what to do & when to do it



This content does not constitute providing medical advice or professional services. The information and planning strategies provided should not be used for diagnosing or treating a mental health problem or disease, and should be used in tandem with treatment from a licensed mental healthcare provider. Always seek the advice of a qualified mental healthcare provider regarding a medical or mental health condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or downloaded from The Empathy Paradigm's website. If you think you may have a medical or mental health emergency, refer to our Resources page on the website for mental health crisis hotlines, call 911 or go to the nearest emergency room immediately. No therapist-client relationship is created by downloading or utilizing this content. Neither the Empathy Paradigm, nor any contributor to this content, makes any representations, express or implied, with respect to the information provided herein or to its use.